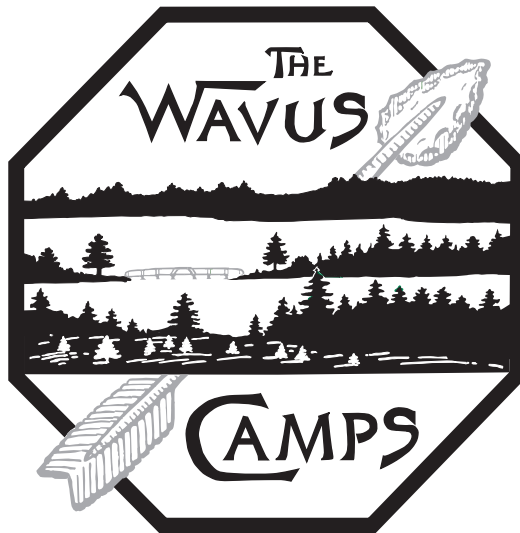


The
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Annual

2010

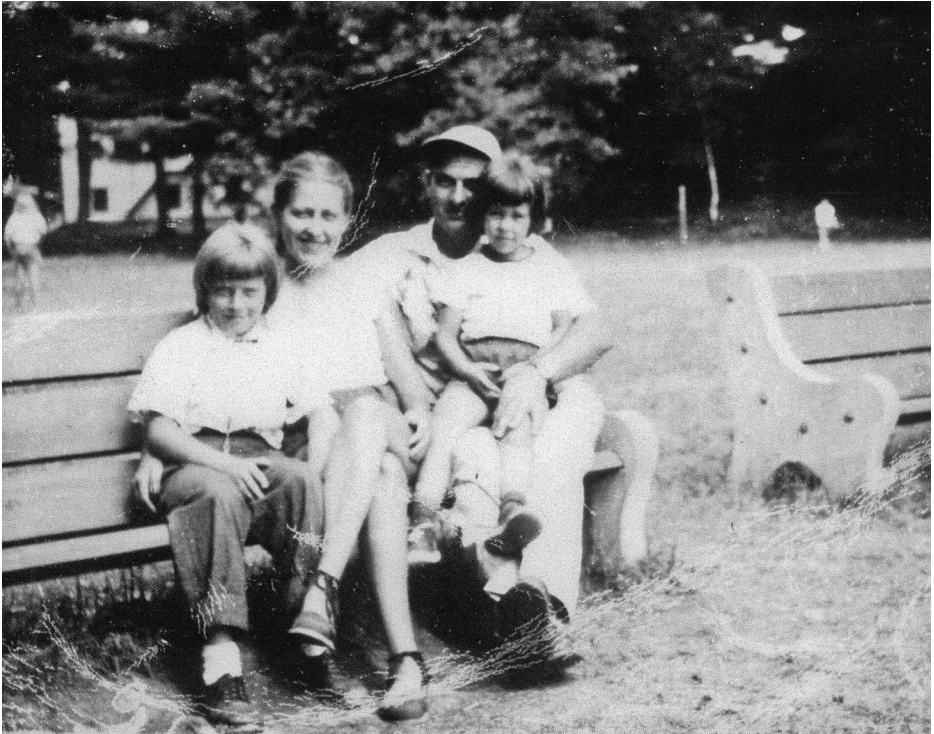
The Wavus Annual 2010

Published by and for the
Staff and Campers of Wavus



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Wavus Annual Dedication – 2010



**Bradford Limbert
(1916-2010)**

Dad's love affair with Maine (the whole family's really) started in 1951 when I first came to Wavus. Mom and Dad always came mid season for a few days and at the end for the four days of closing activities. They always stayed on Parents' Point and had a grand time with all the other parents staying there, especially the many coming from their hometown of Closter, NJ. I'm sure they went to their first lobster bake there; always a highlight for the parents at the end of the season. Dad would fish, swim and basically enjoy the lake. He always critiqued my progress in the many activities but was always very proud, especially of my ability on the rifle range and canoeing, two sports he was extremely proficient in. Both my sister Deborah and I eventually became counselors and he would always quiz us on all the happenings at camp. Here is one great story from those years:

We were up on the St. Croix River. Deb was a senior camper and I was bringing up the rear as head canoe counselor and we thought we were in this incredible wilderness, all by ourselves, far away from anyone and anything. All of a sudden I hear from the lead canoe, "Aunt Pris, your father is up ahead". Sure enough it was Brad on a fishing trip with a number of his buddies. He waved as we went by with a grin on his face that you could die for.

By the time Wavus was sold, Bill and I had our cottage on the lake and Dad always came down to visit. He heard how I really wanted the Totem Pole and, unknown to me, pulled a fast one on me that fall. He and a neighbor took the boat, and with the chainsaw, cut the Totem Pole down, towed it to the cottage and took it up to his farm in Abbott where he beautifully restored it. That winter I had gotten permission from the new Wavus property owner Ed Snyder to take it and, of course, went right over in the spring. It was gone and I was steaming! Little did I know he would surprise me with it over the 4th of July. Bill, of course, knew all about the "grand plan".

When the Wavus Alumni were struggling to raise the money to buy the property in the early 90's, Brad was a generous donor, both in financial help and equipment. Who could ever forget "Ethel," our field mowing machine! Of course the quizzing and comments continued. "I could build that for half the price" or "sounds like champagne taste with a beer budget" were typical but his interest and love for Wavus never wavered. How proud he and Mom were of THEIR bench down at the boating dock.

Dad made it down to the lake in May of '09 and he insisted on his usual ride all around the Wavus campus. In the last few years he could no longer walk the property but always insisted on his inspection tour. His last project was the restoration of an original 1920's Wavus canoe. Island Falls Canoe Company did the canvas work, but Dad and Bill did everything else. When we last saw him at Christmas, he made Bill promise he would finish the paint job as all the interior work was done. Bill did finish the canoe this summer and it is ready to hang in Jewell Lodge as a tribute to Brad, his love of Wavus and the camp's wonderful history.

Written by Brad's daughter Pris Watson

WAVUS

By Abby McGrail (Osage First Session 2010)

At Wavus I learned
how to tie up a canoe
and how to tie my hiking shoe.

At Wavus I learned
how to make new friends,
and hope it would never end!

At Wavus I learned how to sail
hoping we never had to bail.

At Wavus I learned how to build a fire
and make s'mores which we desired.

At Wavus I learned
to respect me
and others around me.

THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp
(Wawanock) at Wavus that we continue to honor in
*Keeping The Spirit Alive!***



The History of Wavus

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scottie Henry was the Wavus groundskeeper from 1988 - 1992. Scottie lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

THE WAVUS PRAYER (Before each meal)

Bless this food before us
And my friends gathered round
I am grateful for the roof above my head
And the floor beneath my feet
Rub-a-dub-dub
Thanks for the grub
Let’s eat!

The Wavus Garden

First, plant five rows of P's

Presence

Promptness

Preparation

Perseverance

Purity



Next, plant three rows of squash

Squash gossip

Squash indifference

Squash unjust criticism

Then plant five rows of lettuce

Let us be faithful to duty

Let us be unselfish and loyal

Let us obey the rules and principles of Wavus

Let us be true to our responsibilities

Let us love one another

No garden is complete without turnips

Turn up with an open heart

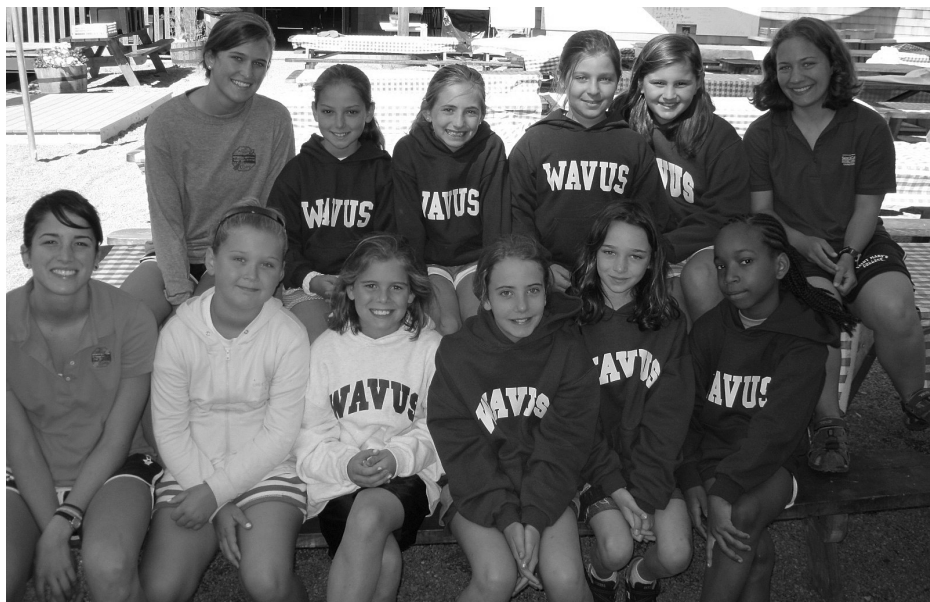
Turn up with a smile

Turn up with determination to make everything
count for something good and worthwhile.



WAVUS
By Mia Rosini
(Algonquin First Session 2009)

Wavus is a camp,
A very special camp
Where kids play and dance
And have fun,
Singing and laughing
All through the day!



JUNIOR WAVUS COURAGE – FIRST SESSION

Back: Lucy Clark, Ellie Del Guercio, Annie Knott, Maddie Weinfeld, Lila Knott, Aileen Hurd. Front: Christy Tricoli, Nina Carter, Kate Schlager, Mimi Bransfield, Zoey Skolnick, Nevaeh Thompson.



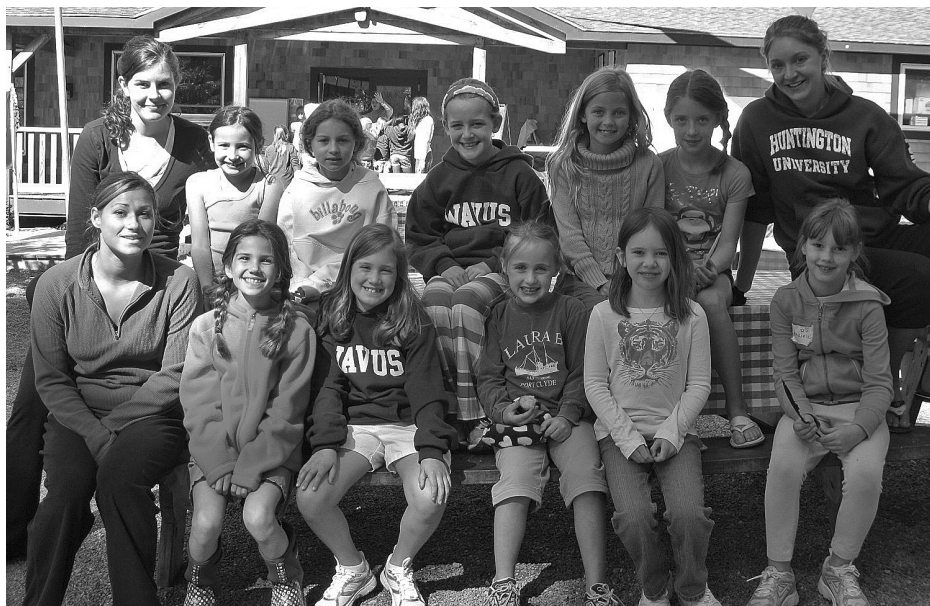
JUNIOR WAVUS KINDNESS – FIRST SESSION

Back: Tegan Mortimer, Kate Adair, Neebie Thompson. Middle: Bridget Marshall, Maddie Smith, Charlotte MacDonald, Holly Santero. Front: Claire Strachan, Victoria Walworth, Caroline Walworth, Bailey Ytterdahl, Maggie McManus.



JUNIOR WAVUS RESPECT – FIRST SESSION

Back: Erin Birmingham, Moe Beaulieu, Sally Hereford. Middle: Katie Everitt, Jackie Lappin, Kristina Bush, Shenia Thompson, Binney Huffman. Front: Daisy Stuart, Chloe Knowles, Hazel Schaus, Katie George, Lauren MacDonald.



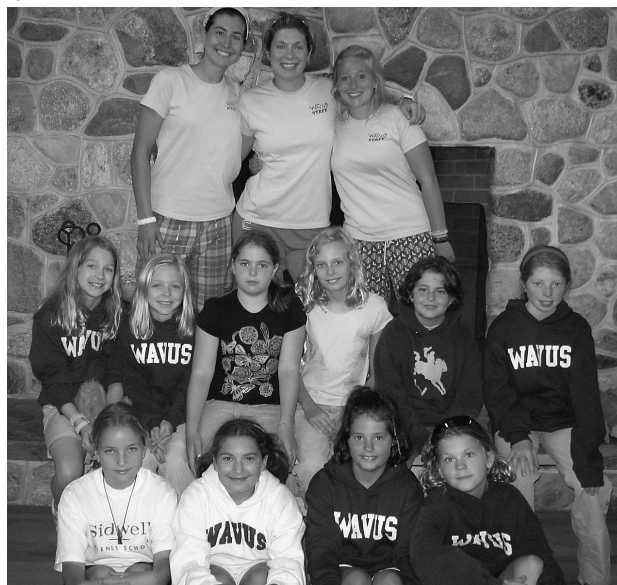
JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Back: Sophie Gray, McKenna Goldstein, Manya Gerstley, Elizabeth McVean, Laetitia Bernard, Anneke Pulkkinen, Amy Gould. Front: Melissa Wider, Livy Giandrea, Sarah Weaver, Cameron Simard, Olivia Grubb, Andjelija Radevic.



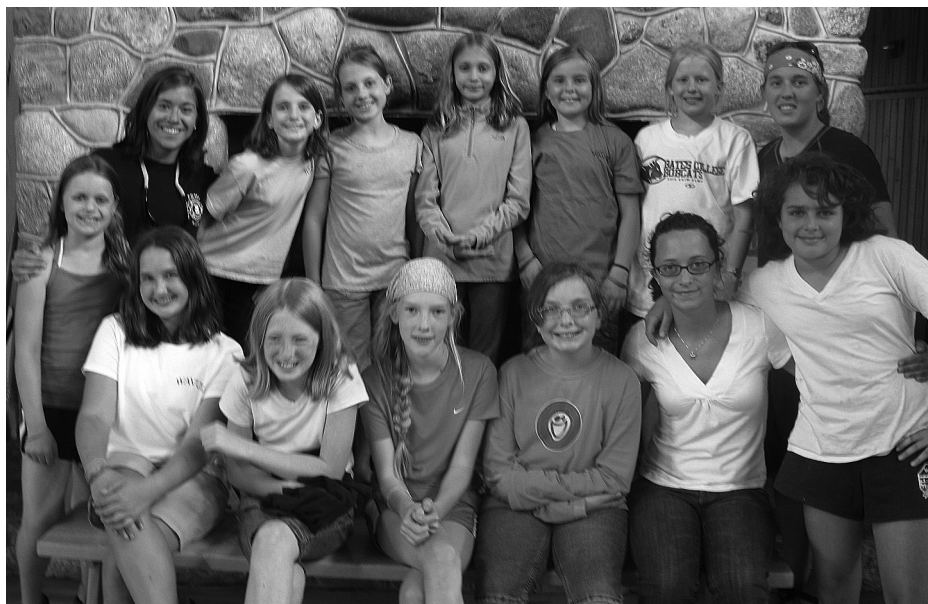
ALGONQUIN - Unique – FIRST SESSION

Back: Em Winkler, Lilly Graul, Effie Blue, Ellie Hopkins, Maggie Linehan, Emma Mohney. Front: Becca Pickering, Emory Gatchell, Gigi McBride, Emily Sheehy, Nana Mensah.



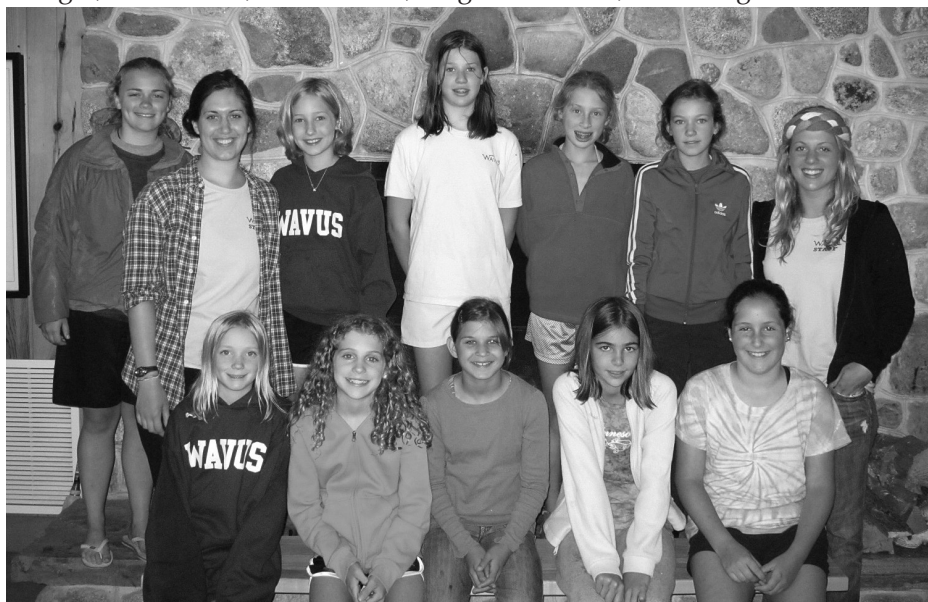
MOHAWK - Creative – FIRST SESSION

Back: Sarah Komoroski, Krystle Morrill, Charlotte Perkins. Middle: Georgia Dettmann, Kelly Slimmon, Lizzy McGrady, Lane Kizziah, Kathryn Antonatos, Tookie Wilson. Front: Kyra McClean, Julia Cooper, Crinny Woloson, Sophie MacKeigan.



CHEYENNE - Carefree – FIRST SESSION

Back: Margaux Suinat, Alex Danz, Sabrina Soros, Isabelle Stone, Ashley Herman, Buckley Norman, Sophie Bird, Kristina Garland. Front: Cammie Grimes, Molly Weegar, Elsie Parrot, Anna Morse, Megan Chandler, Vale Holguin.



CAYUGA - Quiet – FIRST SESSION

Back: Alice Arsenault, Ruth Solow, Katharine Dougherty, Alix Archambeau, Austin Gatchell, Sophie Kruyt, Emory O'Donnell. Front: Jennifer Herrick, Lydia Erdman, Anna Holt, Sophia Linkas, Caroline Schaus.



CHEROKEE - Communicator – FIRST SESSION

Back: Eliza Cress, Katie Day, Grace Mather, Livi Jones, Elizabeth Benham, Margaux Forcione, Ainsley Farrell, Sarah Trautman. Front: Camille Britton, Emma Martin, Emilie Craig, Tanner Moore, Holly Glass, Cricket Dotson, Samantha Scali.



NARRAGANSETT - Safe Point – FIRST SESSION

Back: Bella Tubbs, Honor Paine, Dede McKelvy, Tessa Kruyt, Livia Fries, Rachael Lurker, Charlotte Phillips. Front: Devan Carter, Emma Cusano, Aggie Walgreen, Camille Falezan, Abby Tanen, Allie Riker, Paige Hagerman, Hildy Schott.



ABENAKI - Dawnland People – FIRST SESSION

Back: Roni Misloski, Virginia Schaus, Ramsay Everitt, Gracie Griffin, Katherine von Weise, Katherine Jessup, Bri Slobodnik, Caitlin Boroden, Gabby Freeman. Front: Sam Cadigan, Charlotte Del Col, Isabelle Canning, Noa Bengis, Caroline Jessup, Ali Knowles.



SHAWNEE - Southerners/Warm Heart – FIRST SESSION

Back: Colleen Donovan, Amy Davis, Caroline Blue, Caroline Muller, Ferdie Kuster, Mac Crowe, Morgan Kohlmeier, Anna Chase. Front: Julia Dixon, Claudia Washburne, Lexi Silver, Morgan Palmer, Shelby Hetherington, Caroline Arnett.



OMAHA - Graceful – FIRST SESSION

Back: Mae Ciampa, Molly Barrows, Chase Leisenring, Rachel Foster, Ellie Crudgington, Annelise Vought, Marion Buzon. Front: Lexee Pinsky, Olivia McCahan, Sophie Jensen, Kate Feeley, Banks Dotson, Erica Concordia.



OJIBWAY - Fire Keeper – FIRST SESSION

Back: Lindsey Applebee, Laura Slotpole, Sarah Hart, Cynthia Kellett, Anne Warner, Lisa Carson. Middle: Oriana Smith, Gracie Moses, Meeghan Goldstein, Brooke Mullen, Caroline Motley. Front: Kristen Rolle, Pheobe Walker.



OSAGE - The Wise – FIRST SESSION

Back: Emma Mazzuchi, Liz Jones, Lucy Lynch, Caitlin Hanley. Middle: Diamond Stevens, Maddie Cross, Abby McGrail, Livy Mehm, Claire Benning, Casey Ross. Front: Audrey Bransfield.



MIC-MAC - My Friends – FIRST SESSION

Back: Jozy Blanck, Anna McCartney, Ally Weaver, Liddy Ambler, Megan Lynch. Front: Jules Donato, Courts Bliss, Abby Rockefeller, Dauphine Pastre, Catherine Malloy.



ALLAGASH - Cabin by the Water – FIRST SESSION

Back: Mads Sneedeen, Erin Malafronte. Front: Lizzy Landry, Lauren Stone, Charlie Woodhams, Lindy Perry, Andrea Silvestri, Mary Laughlin.



IROQUOIS - Community – FIRST SESSION

Back: Bethany Berry, Katie Jacobs, Helena Turner, Lilly Schrecengost. Front: Emily Rodrigue, Lindsay DeMuth, Drew Boulos, Dora Cronin, Cullen LaPointe.



JUNIOR WAVUS COURAGE – SECOND SESSION

Back: Melissa Wider, Julie Walters, Kate Adair. Middle: Louisa Rose, Zara Norman, Fiona Casson, Abby Kriekhaus, Charlotte Joseph, Merrill Truluck. Bottom: Claire Brady, Adeline Hayes, Anna Hatch, Sara Prout, Lily Stavisky, Anna Mitchell.



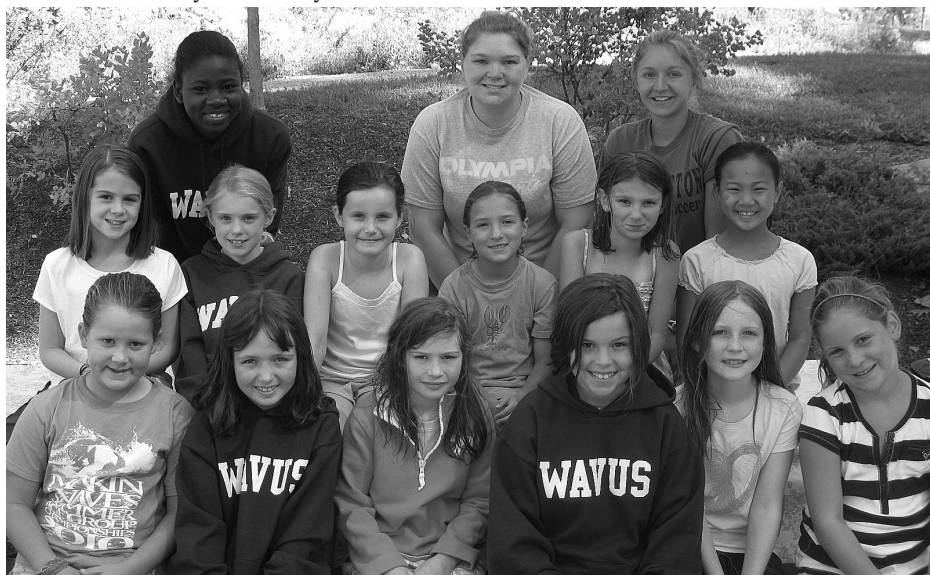
JUNIOR WAVUS KINDNESS – SECOND SESSION

Back: Sophie Gray, Tegan Mortimer, Carly Reed. Middle: Luli Taddei, Mary Pagano, Charlotte Rhoads, Catie McCarthy, Lulu Cosby, Lilly Kuhn. Front: Anne Williams, Callie Carnahan, Christina Gangi, Amelia Coffey, Juliette Evans, Sara Essig, Lila Brady.



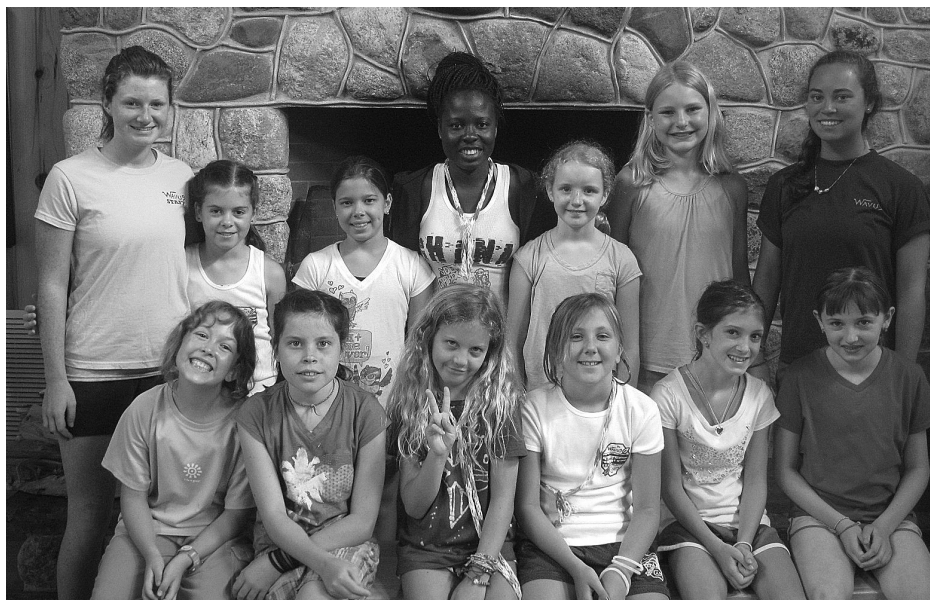
JUNIOR WAVUS RESPECT – SECOND SESSION

Back: Aileen Hurd, Erin Birmingham, Emory O'Donnell. Middle: Gigi Imperatore, Hayley Schultz, Hayley Willner, MaryCate Hayes, Ella Moxcey, Martina Grana, Alicia Lawrence. Front: Megan Waldron, Julia Lyne, Caroline Haywood, Addison Van Namen, Lily Melas-Kyriazi.



JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION

Back: Neebie Thompson, Kelly Gould, Amy Gould. Middle: Darby Loveless, Meredith Waldron, Carter McGlooin, Peyton Goldthwaite, Kendall Beladino, Katie Reed. Front: Maddie Irvine, Sarah Smith, Matilda Allen, Fallon Redding, Abba Wilson, Bentley Anderson.



ALGONQUIN - Unique – SECOND SESSION

Back: Colleen Donovan, Sloane Loveless, Riley Hicks, Nana Mensah, Abby Burrows, Madeleine Potter, Mads Sneeden. Front: Story Hentoff, Lindsey Reilly, Estella Korybut, Gracie Lawlor, Lily Fischer, Sophia Hill.



MOHAWK - Creative – SECOND SESSION

Back: Ruth Solow, Phoebe Luftig, Tiki Haub, Betsy Dietze, Marian Buzon, Roni Misloski. Front: McKinney Tropea, Anna Patricelli, Zoey Deutsch, Ruby Kate Gray, Jordana Roet, Ellie Villano, Katherine Polyzoides.



CHEYENNE - Carefree – SECOND SESSION

Back: Liz Jones, Sydney Bennett, Josie Battle, Jozy Blanck. Front: Caroline Hall, Sylvie Parkus, Emmy Byford, Lashé Miles, Kalea Gale, Emily Talpey.



CAYUGA - Quiet – SECOND SESSION

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CHEROKEE - Communicator – SECOND SESSION

Back: Caitlin Hanley, Helena Turner. Middle: Nat Unger, Lily Tromanhauser, Stephanie Krueger, Emily Brown, Brittany Loveless, Amy Davis. Front: Nicky Fox, Hanna Brinn, Lucy Perelman, Jennifer Shorb, Mimi Thomas, Ingrid Sant.



NARRAGANSETT - Safe Point – SECOND SESSION

Back: Katie Jacobs, Lindsey Applebee, Erin Malafonte. Middle: Georgia Brown, Natasha Lowitt, Emily Townley, Liv Clifford, Haley McGlooin. Front: Brooke Kelly, Caroline Peters, Marisa Wesker, Kathryn Grennon, Eleonore Evans, Courtney Close.



ABENAKI - Dawnland People – SECOND SESSION

Back: Alice Bennett, Megan Chandler, Lucy Lynch, Helary Gladstone. Middle: Molly Tucker, Sarah Wilson, Ellery Hicks, Kelly Harrington, Lynsey Prout, Sophie Stavisky. Front: Liza Barnes, Gabby Lawrence, Abby Heher, Izzy Kindle.



SHAWNEE - Southerners/Warm Heart – SECOND SESSION

Back: Mae Ciampa, Milly Battle, Laura Merlo-Pich, Addie Dahlke, Megan Lynch, Charlotte Perkins. Middle: Clara Parkus, Linzi Mund, Marlay Smith, Cami Brown, Ashlynn O'Keane, Gretchen Alexander. Front: Benita Durach, Hannah Ash, Hannah Hicks.



OMAHA - Graceful – SECOND SESSION

Back: Alice Arsenault, Morgan Austin, Lindsay Stewart, Hadley Parker, Emma Landes, Jules Donato. Front: Rach Libby, Meghan Goodwin, Bridget Lattimer, Sophie Hewitt, Megan Johnston, Kaelee Helms.



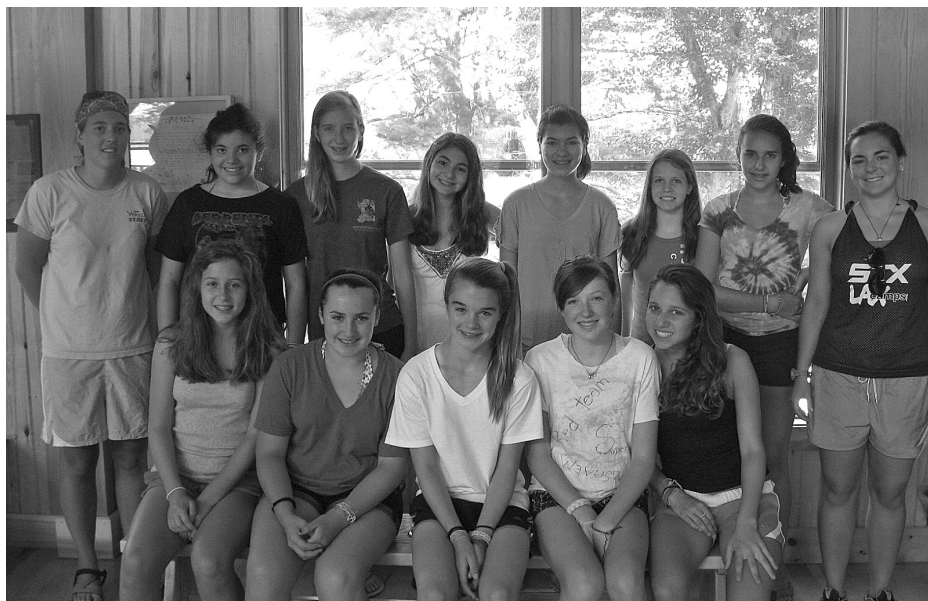
OJIBWAY - Fire Keeper – SECOND SESSION

Back: Bella Tubbs, Em Winkler. Middle: Meg Forelli, Abigail Summerville, Joanie Kinnaird, Lauren Raimbeault, Hadley Brown, Ginnie Durkin. Front: Simone Unger, Zoe Alles, Rose Chiarello, Linz Petralia, Sophia Eppolito, Sam Silverman.



OSAGE - The Wise – SECOND SESSION

Back: Emma Zetterberg, Camille Dunwoody, Grace Glover, Devyn Winter, Larson Bennett, Gabby Freeman, Anne Warner. Front: Rebecca Cibbarelli, Lauren Brady, Sinclair Meggitt, Eloise Lobenthal, Marley Santos.



MIC-MAC - My Friends – SECOND SESSION

Back: Kristina Garland, Dayla Pascador, Riley Vaske, Emma Howard, Brooke Stewart, Hannah Barnes, Meghan Miller, Eliza Cress. Front: Alexandra O'Bryan, Caroline Wilson, Darby Philbrick, Hannah Schott, Phoebe Perelman.



IROQUOIS – SECOND SESSION

Back: Hildy Schott, Sarah Trautman. Front: Meredith Petralia, Rosie Palmer, Lillie Tuthill, Eliza Sneed, Erin Gates.



LONG VOYAGE – SECOND SESSION

Back: Elle Reynolds, Sarah Kaplan, Belin McGehee, Emily Ribet, Lia Keyser, Emmy Peters, Lisa Carson. Front: Georgia McKee, Samantha Essig, India Kline, Val Hirschberg, Greta Brown.

Archery

Tegan Mortimer

Archery is always a popular activity with the girls and this summer was no exception. It is always a popular activity at camp in both morning periods and afternoon sign ups. Archery takes patience and perseverance to excel in, qualities exemplified by the heron, spider, and the arrowhead in the camp totem. Throughout the summer, between morning cabin activities, free afternoon signups and special activities, the girls were the true embodiment of these qualities. The skill, ambition and enthusiasm the girls bring to archery are truly wonderful. It has been a pleasure to have each and every camper on the archery range this summer; I hope they can take lessons learned there into other aspects of their lives.

First Session

The Medals Program was popular this session and despite a late start in the session, a number of girls received Wavus W and Bronze points, the prestigious Silver and Gold points however remained elusive and hopefully they will take the lessons learned on the archery range to other aspects of their lives.

Second Session

The Wavus Medals Book was incorporated into a number of camp activities this session, especially in the archery program and the girls met the challenges of this program with enthusiasm and dedication. Overall 20 medals points were awarded this session to full session campers and one medal point awarded to a Junior Wavus camper. The ability these girls showed in setting goals and the patience and dedication they showed in reaching or even surpassing these goals was truly staggering.



Arts and Crafts

Jill Tarkleson

First Session

Art can be described in many amazing ways from painting, sketching, singing, dancing, cooking and sewing. We all are born with different talents and that is why we are all so amazing. The girls bounced into Owl's Nest every day to make fancy beaded earrings, sew sequence onto headbands, tie dye everything they own that used to be white, sing songs, paint on canvas, draw elephants and hand sew new clothing bears, The biggest event to hit was the entire campus-wide creation of a tutu. Approximately 10 miles of tutu fabric has been beautifully designed into one tutu for every camper. Iroquois girls summited Mt. Katahdin wearing their pink/ yellow/ purple/ green/ orange/ blue terrific tutu outfits. You all are fantastic. Watercolor painting also went on along the St. Croix, Allagash, on top of the Bigelow range and on islands kayaked by the AT Sea trips. We also take time to think about the critic that can sometimes be in our conscience.



On many occasions the girls have taken the "critic" out of their heads, the one that may say negative comments about one's artwork and then the girls would stomp on it! Then we are all left with pure positive thoughts to let our creativity flow. Thank you girls for trying new ideas and letting your minds become aware of your beauty and natural skills. May your creations explode into the world!



Second Session

Girls splatter painted their Crazy Creeks, did cartwheels across a cloth mural with painted feet and hands, sewed stuffed animals, and, once again, went through many, many miles of material to make a tutu for everyone. Wearable art was very popular with these ridiculously creative girls. They fixed that problem of having blank t-shirts with fabric paints, markers, beads, sequins and glitter. Sewing lessons were attended to hand-design a skirt or dress, ponies and unicorn cards were mailed out, painting on wood with acrylics, pretty beads were made into earrings and bracelets were knotted together. The girls often were busy making jewelry for friends and to mail home as gifts. We told silly stories about lions, mountain goats, and being nice to everyone and everything. Thank you for the brilliant ideas that you all shared as you bounced into the Owl's Nest every day.



Canoeing and Kayaking

Hildy Schott

We had beautiful weather on the lake for canoeing this summer! It was hardly ever windy or rainy, so the girls got to perfect their j-strokes and c-strokes before they went out on trip. They learned to steer in the back, paddle hard in the front, how to portage, and a few even learned to portage solo! The most fun, though, was “learning” to capsize boats. Their determination paid off on the Allagash, St. Croix, and Damariscotta Lake. Good work girls!

The young ladies of Wavus have braved the winds and sunny weather on Damariscotta Lake once again! In the beginning it was a bit rougher, the girls confusing canoeing paddles to kayak paddles. However, the girls quickly realized why we call it “Funyaking.” Many girls worked hard for their Wavus kayaking points. Many campers learned the difference from a deck and port, as well as other kayaking terminology. Some paddled to the point to earn a Wavus point and some even paddled to J-Scoop! Wow, did these girls sure learn a lot! Some cabins took out the sea kayaks and paddled the full length of Damariscotta Lake! Hopefully the girls will be able to put their newfound paddle ability to good use over the school year!



Cooking

Kim Townsend

Cooking with Baker & Chef Extraordinaire Kim!

Cooking class at Wavus has been fabulous with an amazing group of beautiful young ladies. We have shared in preparing delectable delights which have been the envy of all at camp. The girls have had the joy of experiencing the success of baking foods that they can prepare for all at home. We have shared laughter, fun, and at times the comfort that homemade food can bring.

This year we have endeavored to help the girls to prepare food for their wilderness journeys. They have prepared savory beef jerky, homemade granola bars, and a variety of dried fruits thanks to our new mega-sized dehydrator. It has been incredibly helpful and satisfying for the girls to take what they have made with their own hands on their trips.

Lastly, we have compiled our updated Wavus Camp cookbook this year. Thankfully, we have had a few wonderful recipes from our very own campers to include and hope to add many more as the years go by.

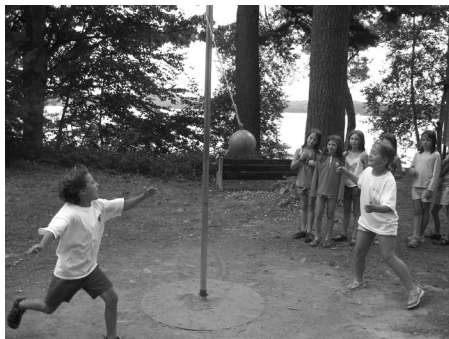
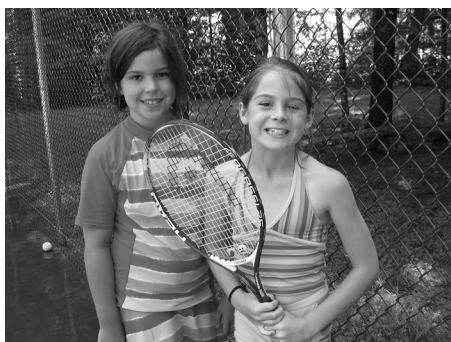
Thank you all for one of the best summers ever in the area of cooking. You are all amazing!



Field Sports

Alice Arsenault

Field sports are located in the big grassy area around the flag pole, and also the large baseball field near the entrance - which is envied by Kieve. Cabins are assigned to field sports during the two morning activity periods and are often paired up with other cabins giving campers the chance to meet other girls at camp. Favorite games played include soccer, tetherball, and kickball; capture the flag, lacrosse, and dragon tails. Field sports are a great time for the girls to choose what they want to do but still be outside running around. This summer the weather has been great, allowing field sports to take place almost every day!



Pottery

Christine Frohloff

This summer, the pottery studio at Wavus was an energetic environment filled with creativity and exploration. The girls were always ready to try and made new things with both the kiln clay and air-dry clay. Projects were made as gifts for friends and family, for themselves and also for the Wavus camp and community. Continuing with the Wavus pottery tradition, each full session camper created a tile which will be displayed on the side wall of Andrews Hall. The campers were inspired by the notion that their tiles will remain part of the Wavus community for years to come.

First Session

After completing their tiles, the girls made mugs, cups, chimes, barrettes, pins, bowls, crazy critters, lidded jars and much more. There were many times while in the studio, I felt like we were in a busy bakery. The girls were so adventurous and formed clay doughnuts, cupcakes, pizza, and hamburgers. Campers pushed themselves and others for the thrill to see who could create the smallest piece of pottery. Miniature French fries, apples, pastries and cookies were made along with small living rooms, playing dice and sleeping bags.



Second Session

Second session in the pottery studio was another amazing adventure at Wavus. The girls got their hands busy trying new texture techniques while making bowls, cups, and plates. We also explored new glazing techniques including sponging, spraying and a process called antiquing. Similar to first session, the girls continued to create artwork to fit in the palm of your hand, such as miniature animals, people, landscapes, teacups and so much more. Full session and Junior Wavus campers had the opportunity to make ceramic wind chimes. The studio opened for a two-hour workshop and with patience and dedication, the girls made beautiful looking and sounding artwork.

The Junior Wavus sessions were filled with an excitement that bubbled over the top. Using air-dry clay, the girls made projects to keep and gifts for cabin mates and others. They used the accessories like pom-poms, feathers, pipe cleaners, sequins and googly eyes to add to their clay creations. Always willing to try new things, the Junior Wavus campers worked through mistakes, taught each other, and filled the pottery shelves with new artwork each day.

During the afternoon, the pottery wheels were open for all ages to try, learn and master. Although a difficult task, all girls invited and tackled the challenge, making cups, mugs, bowls, plates and vases. Many afternoons, as the girls ran off to general swim, they were covered in clay and clay slop head to toe. The campers worked together to design and complete projects, sharing tools and materials and helped keep the studio clean for all who used the space. As I proudly reflect on the summer, the girls and their amazing talents, I look forward to future adventures in the pottery studio.



Riflery

Marian Buzon

First Session

The first session of 2010 was wonderful. The girls learned how to target shoot with a .22 rifle. They first learned the specifics of safety and aiming. Every camper learned the parts of the rifles such as the chamber, trigger, safety and sights. Then the campers learned how to properly position their bodies in the prone position and aim accurately. After instruction, the girls got to practice. They had perseverance which helped some girls transition from barely being able to hit the target to successfully hitting the target. Some of them even hit the bull's eye! Everyone improved dramatically over the course of the session. The part that made riflery extra special this session was the girls bringing their enthusiasm and interest in trying something new and different, making riflery a rewarding and memorable experience for everyone.



Second Session

Riflery was a great success second session! Girls who had never shot before were accomplishing good scores by the end of the session and improving their aim with each target. Skills such as understanding the mechanics of the rifle, respecting safety procedures, properly holding the rifle, and aiming techniques were all acquired and further developed throughout the session. Each cabin's first lesson at riflery was purely demonstrational giving a great foundation on the subject. This prepared the girls for their second session at riflery where they could enjoy firing the rifles and getting one step closer to their Wavus W.



Ropes

Kara Fagan

First Session

The beautiful weather did not cease for the first session down at the ropes course. Each cabin started off testing their team dynamics through several teambuilding challenges. Many of the teambuilding activities and low elements required mental problem-solving in addition to the physical challenge. The Mohawk Walk, a series of low elements strung together at the end of the point, proved to be especially difficult and gave each cabin extreme gratification when they completed it. Moving up from the low elements, campers stepped outside their comfort zone on the ground and climbed up into the trees on our high ropes course. Several of the older cabins chose partners to work together with on our two-person climbs, the Vertical Playpen and the Giant's Ladder. All this set a solid foundation for our two highest elements, the Aqua Zip and the Giant Swing, which every cabin got the opportunity to do. All session long, girls built their self-confidence and strengthened trust within their group as they pushed themselves, literally, to new heights.

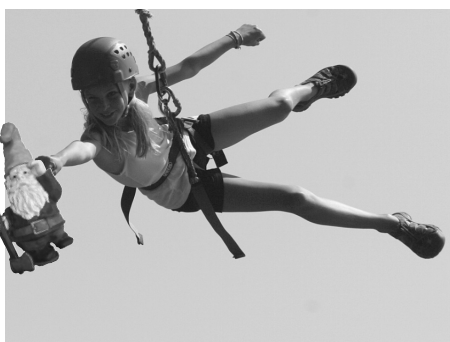
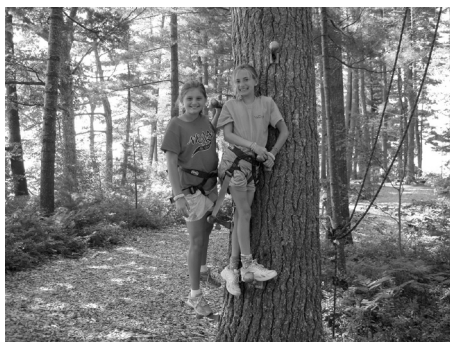
Second Session

This summer as a camp we really stressed the importance of the Wavus medals program, which encourages campers to learn and demonstrate their skills in a wide range of programs and activities. Down on the adventure course we had over forty campers earn points and 3 individuals achieved their bronze point. It's wonderful to see the campers' passion and growth, and we're looking forward to handing out gold points someday soon.

We also had the opportunity second session to send six of our strongest climbers to Kieve to participate in Team Extreme. The girls learned advanced climbing techniques and were able to practice belaying one another. It was great to see the two camps come together to celebrate climbing and watch the girls challenge themselves and learn new things.

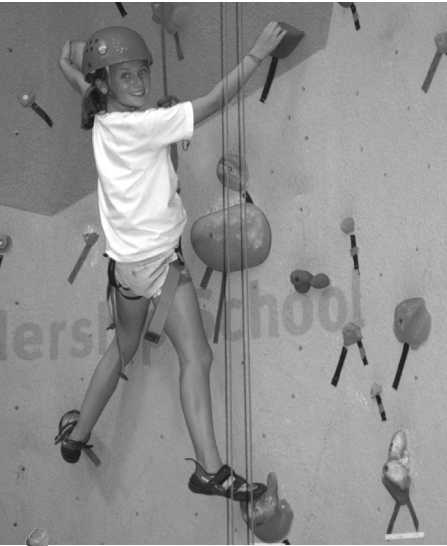
It is truly exciting to see the girls becoming stronger and more knowledgeable climbers with each summer!







Climbing Wall



Sailing

Erin Anderson

First Session

We had a great first session of sailing on Damariscotta Lake here at Wavus. We had very little wind for the first week or so which allowed the girls to practice and perfect their capsizing techniques! Capsizing is one of the favorite activities at the sail dock. Once the hot weather arrived so too did the wind. There were some extremely gusty days which allowed for some exciting sailing! The girls sailed in pairs in the Optis and as the session progressed many tried soloing. It was great to see the campers challenging themselves and improving their skills! Most days the girls worked on sailing around a buoyed course allowing them to improve their tacking and jibing skills (as well as minimize crashing!). We had great weather this session which allowed for sailing just about every day!



Second Session

Second session we had beautiful weather every day at the sail dock! The session began with an afternoon of Wavus Medals work in which the girls went around to all the different activities to kick start working on their Points. To continue the momentum of medals work, campers spent the first few days of sailing learning knots and many even earned their W! Capsizing proved once again to be everyone's favorite activity especially on hot days. During the afternoon we had some great sails; there was even an afternoon in which a group of Junior Wavus campers sailed all the way to the other side of the lake! At sailing, the cabins learned a lot about teamwork as they were expected to rig and de-rig their boats as well as sail with one of their cabin mates. It was great to see the girls this session really enjoy being with each other on the water. At the end of the session we had one camper who was able to complete her medals point in sailing! Overall we had a great summer at the Wavus sail dock!

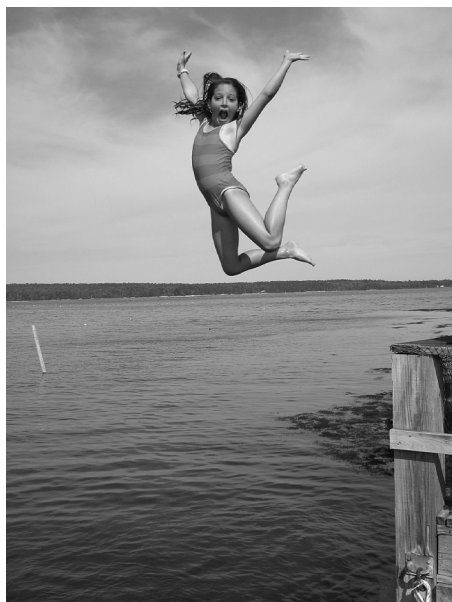


Snowgoose

The Snowgoose is a great time for everyone and one of the many highlights of camp. Whether it's the salty ocean air, the seal-spotting, or the promise of a scoop at Round Top Ice Cream afterwards, this day trip is a necessity to the Wavus experience. Over the summer, most of Wavus had a chance to sail the high seas of Muscongus Bay with its islands, shoreline, open sky, vast waters, smells, sounds, animal and aquatic life viewed from a lobster boat with Captain Bill at the helm

Now for the fun stuff! Once we're going on the boat, there are tons of cool things to look for: cormorants, osprey, ducks, and even seals. You can use a pair of the binoculars, or simply use your eyes. It is really exciting when we are pulling up lobster traps, learning about the lobster industry and how they farm the ocean waters for lobster, the standards as to what kind of lobster (male or female) and size are legal to catch and eat, is insightful and worthy of doing a school report on in the future! Better yet, the opportunity to hold a live lobster is totally cool....for some.

But the fun doesn't stop there. We anchor the boat to eat lunch... and then get to climb on the top of the boat and JUMP into Maine's finest waters that are always COLD (they say that is why Maine has the best lobster!). Many Wavus campers brave the icy-cold water of the Atlantic each year, but it's not for the faint of heart. After everyone is thoroughly salty, the boat heads back to the docks of Bremen, thus ending the Snowgoose adventure. A big thanks goes out to Captain Bill and crew for having us aboard, putting up with our shenanigans, and for giving us with an awesome experience!



Tennis

Session 1

The girls had an awesome time playing tennis this session. The absolutely beautiful weather allowed us to get on the courts a lot this summer. The cabins worked on their foundational skills - ready position, footwork, and forehand techniques, as well as some more advanced backhand practice. The girls played mini-tennis, a valuable tool for developing consistency and control in their strokes, and especially enjoyed games of "queen of the court". The challenge of remaining "queen" by successfully keeping balls in play against different opponents was a favorite way to hone skills. Some of the girls got to further test their tennis abilities during the Wavus Amazing Race, where they had to play out points to allow their team to advance to other activity stations.

Second Session

With lots of sunshine comes lots of tennis! This session the girls all got a chance to improve their tennis skills. Typical tennis periods started with perfecting the form and technique of forehands, backhands, and volleys. Technical work was then applied to fun games like Queen of the Court, Jail Break, and Big Cheese to name a few. Older campers also enjoyed the opportunity to learn and apply the scoring of a real tennis match. The girls had an awesome time on the courts this summer and great improvement was seen in everyone!



Wood Working

Nicky Wyman

What an amazing summer! It was wonderful watching the girls grow, learn, and bond with one another. Wood shop has been incredible with them. We started off with some basic sanding and planning projects. We worked our way to sawing difficult shapes that we had designed. The girls made fun holders for paper towels with unique cut outs using coping saws. They also made wood chimes, nature frames, and message boards.

We began to see a select group of campers returning to the shop for choice activities in the afternoon. These girls showed a lot of patience and accomplished a great deal. We had wood stained bird houses, keepsake boxes, splatter painted signs, and wood burned letters for friends. Their skills improved over the session and they began to feel a sense of achievement. It was wonderful to see them encourage one another when the projects they chose seemed too big of a goal. Their spirits were kept high and their attitudes positive. They worked individually on their personal goals but also as a team by providing love and support to each other. The girls also learned that it's important to not only leave no trace on trip, but in everyday life as well. They swept and put everything back in its place after every single activity in the shop. We hope they remember never to rush just to get something done; it'll be worth it if you take your time.



Wavus Waves

The waterfront is a busy place for Wavus Wave swimmers and there sure has been a lot happening this summer. Our daily G Swims from Crib to Causeway were great fun and refreshing for all.

Morning scheduled Wavus Waves at The Crib included stroke improvement, endurance skills, and island swims. Overall, campers worked on strength training during many Echo Island swims and were able to improve on basic stroke technique.

Wavus Swim USA (our optional lap program) still holds a challenge for goal setting and all out fun for those swimming their way across the United States. Each state represents a different number of laps for swimmers and they can color in each as completed on a t-shirt. Every single swimmer made excellent progress, getting their personal best, and took home t-shirts with several Swim USA states fully completed.

Another popular activity this summer was working on the Wavus Medal books to gain their Wavus Swimming Points. For each level achieved, swimmers place their hand-prints on the "Swimming Rock of Fame".

These optional swim programs allow swimmers to set and work on long-term swim goals over the course of the session, which can be continued during future summers at Wavus. Both programs allow swimmer of any ability level to improve their swim strokes, increase their overall waterfront safety awareness, and comfort level. Wavus swimmers could often be seen bobbing along to the nearby Echo Island, which counts as 46 laps towards Swim USA.



Wilderness Tripping

Sara Taylor, Mary Anna Lynch and Belinda McGehee

Wow – what an amazing summer!! The fantastic weather was a huge contribution to the great success of all our wilderness trips this summer. Enthusiastic campers, knowledgeable counselors, and magnificent places also contributed to our tripping success this summer. From the summits of Mt. Washington and Mt. Katahdin to the waters and streams of Damariscotta Lake, the St. Croix River, and Muscongus Bay, the spirit of Wavus was present on wilderness trips throughout the region.

Prior to leaving on their trips, the girls prepared at Wavus by planning menus, learning the principals of Leave No Trace, and even making some of their own food, such as beef jerky and granola bars, to take along with them. Every cabin went on a primer trip where they learned, practiced, and perfected their wilderness tripping skills. During primer trips, campers practiced skills such as properly packing for a trip, setting up tents, and cooking. Canoeing and sea-kayaking trips worked on their T-rescues and paddling on Damariscotta Lake and the hiking trips broke in their hiking boots and completed day hikes along the trails of the Bigelow Mountains, Georges Highland Path, and Camden Hills State Park.

The girls soon after departed for their longer trips to places like the Allagash Waterway, Baxter State Park, the White Mountains, the Appalachian Trail, Acadia National Park, the St. Croix River, and Muscongus Bay. It was on these trips that the girls really put into practice everything they learned while at camp and on their primer trips. Throughout the summer, there were Wavus girls and women on top of mountains and navigating some of the most amazing waterways in Maine.

After their trips, the campers came back to Wavus with contagious smiles and many fun stories of the adventures they had had. It was great to hear the older campers passing down stories to other younger cabins. This created a yearning for more, and we hope to see you all next year, as you take on more exciting and challenging adventures.

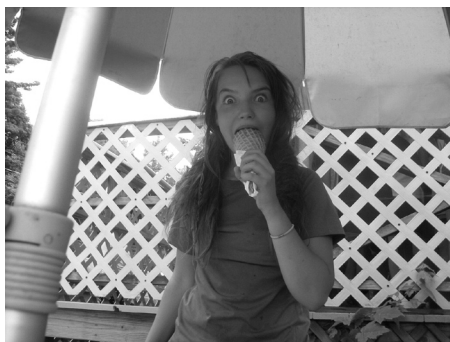
Sara, Mana and Belin



Slip & Slide



Ice Cream



Wavus is not complete without trips to J Scoop or Round Top Ice Cream!

Chapel



A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin straightening
9:30 - 10:30 a.m.	First Activity Period
10:35 - 11:35 a.m.	Second Activity Period
11:40 - 12:15 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:30 p.m.	First Activity
3:33 - 4:35 p.m.	Second Activity
4:40 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity
8:30 p.m.	Flag/songs
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING – spin cast and fly	ROPES
Sailing, canoeing, kayaking	FIELD SPORTS	RIFLERY
BAKING/COOKING	Soccer, kickball, badminton, volleyball, basketball	SWIMMING
		WOODWORKING

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!

First Session Goddess Reports

June 23

Katie Jacobs

Yesterday was the first full day of camp!! It was Wavus Spirit Day, and everyone came to flag wearing Wavus gear and big smiles. After some energizing songs, we had a delicious breakfast of French toast, fruit, and yogurt. The morning was spent taking cabin photos and swim tests, and finally the camp-wide photo. Regular activities began in the afternoon, and dinner consisted of macaroni and cheese, hot dogs, and salad. Evening Activity was a Council Fire, where we learned the rays of the Wavus totem and sang songs. Each camper received a feather to represent a ray of the totem of their choosing that they will focus on during camp (i.e. the Beaver totem for hard work or the Spider totem for persistence). Flag lowering closed our first evening as a camp community!

June 24

Mads Sneedeen

The theme of the day was the World Cup, in honor of the 2010 FIFA World Cup in South Africa. Everyone wore jerseys, t-shirts representing different countries, high "soccer-socks", and even some creative face paint! At morning flag we sang the Cow Song (a personal favorite and a crowd favorite), the Shark Song, and Princess Pat. We also practiced the Wavus Wave, with Allagash (Cabin of the Day) running around the giant circle. They sure got a work-out! We had bagels for breakfast, and after morning activities, a Mexican Fiesta for lunch. It rained on and off all day, but luckily none of our activities were cancelled and some cabins still got to do the Aqua Zip. After a dinner of

roasted chicken and mashed potatoes, everyone gathered in the Jewell around giant piles of recycled cardboard boxes, bottles, cans, and even some broken hula-hoops and an old ping-pong net. The object of the evening activity was for each cabin to create their own interpretation of the "World Cup" using the materials in front of them. We saw some very creative and original interpretations, including the use of wildflowers and even "cups" that campers could wear. The overall winner was Iroquois with a very realistic replica of the FIFA trophy complete with a duct-tape ball on top. Congrats 'Hundo', and well done to all the other cabins!



June 25

Today we woke up with the Luck of the Irish. We all walked down to flag dressed in our best leprechaun costumes. At flag we sang the cheerleader song, the littlest worm song and the moose song. After we had the girls with the best costumes from each cabin compete in an Irish jig competition to the song played on Liz's Irish flute. The winner was awarded her very own bag of Wavus gold (green and orange S&M's). After we went up to breakfast and had green milk with cereal, fruit and pancakes. After breakfast we went back to our cabins and cleaned up our spaces. Once our cabins were clean, we went to our morning activities. The sun was out the entire time and all the way through lunch. For lunch we had chicken fingers, french fries and tomato soup. Once we had cleared our tables, we returned to our cabins for rest hour where we

received our mail and packages for the day. At 2:30 pm we left our cabins and went to our 4th period sign up; charcoal drawing, ninja destruction, friendship bracelet making, apples to apples, dance and sailing were some of the activities offered. Following that we went straight to 5th period where kayaking, origami, pottery, board games camp cooking and dance were offered. Some of the girls were lucky enough to participate in a special activity where they paddled the war canoes to J-scoop and back during both periods.

Just before dinner we all got to go swimming in the lake. The water was really nice, very refreshing compared to the humid air. We swam for about an hour and did skits on the dock before coming in for dinner. For dinner we had pot roast, steamed vegetables, smashed potatoes and our favorite dinner biscuits, perfect for St. Patrick's Day. After we had cleaned up our dinner plates we even learned a new prayer.

After going back to our cabins to get on the proper clothes for evening activity we re-grouped at the Sunscape. We were given clues and sent on a hunt for four leaf clovers all over the Wavus campus. We ran from as far as the baseball diamond to council fire collecting the four leaf clovers and taking pictures as an entire cabin in each location. Our final clue brought us all the way back to flag where we discovered a pot of gold (Oreos of course). We then formed a circle and lowered the flags for the day knowing somewhere in the sky there had to be a rainbow.



June 26

Hildy Schott

The theme of this sunny, sunny day was A Cappella — a musical style which uses only the human voice. We started the morning true to theme with a resounding a cappella chorus of “Don’t Trust a Guy,” “The Burrito song” and “The Banana Song,” complete with a new verse (“have a ball!”).

Breakfast was fairly calm until two cabins battled to get in line for oatmeal by singing for me, one competing with an original song about their own cabin and the other with a rendition of Bobby McFerrin’s “Don’t Worry, Be Happy.” Although their version of “Be Happy” was pretty stellar, the other cabin’s original lyrics were funny enough to win them the prize of getting in line.

Morning activities ran smoothly, and the girls showed off their skills at kayaking, archery, art, ropes, and field sports, among other things. Allagash practiced portaging canoes and left for their primer trip on Damariscotta Lake.

At lunchtime, the girls sent up their best beat-boxer and competed to see who had the best beat. The beats were all right, but the dancing was awesome and the girls danced their way into the chicken parmesan line.

Afternoon activities included friendship bracelet making, nature walks, cooking, board games, sailing, and an a cappella workshop in which some Ojibway girls learned about a cappella history, and even learned a song called “Sing My Soul.”

The girls were alight with ideas at dinner as to what song they wanted to perform at the evening’s activity, the “Wavacappella” sing-off! Since a cappella is all about working together to create one cohesive sound out of



different parts, the night's activity really promoted teamwork in a fun way. The girls also received an a cappella mix featuring all different kinds of a cappella to use as inspiration.

Each cabin put together a 30 second arrangement of a song and then performed for the whole camp on stage. The girls competed for the next morning's breakfast line-up order and received extra points if they included harmonies, costumes, and dance moves. Highlights of the night included Narragansett's "Disturbia," Ojibway's "Stand By Me," and two cabins' renditions of "Tick Tock." Omaha's lyrics were altered to say, "wake up in the morning feeling like Suse Wicks," with Molly Barrows acting as Suse.

All of the cabins did a great job, but in the end, Omaha placed third with their Ke\$ha remake, Ojibway came in second with "Stand By Me," and the first place prize went to Cherokee who sang a particularly enthusiastic version of "Don't Stop Believing." Overall, the day went smoothly and we ended as we do every night, singing "Day is Done" while taking down the flag.

June 29

Wavus Loves to Laugh was today's theme and what an amazingly hilarious day it was! We began the day by gathering around the flagpole, but instead of opening the day with a song, we began with a joke - Q: What did the digital clock say to her mother? A: "Look Ma! No Hands!" After our time at flag we moved into the dining hall for a delicious breakfast of cereal, yogurt, fruit, and muffins. Not only did the jokes and riddles continue throughout breakfast but they could be heard well into lunch! After lunch the campers got

their choice of exciting activities such as using the Giant Swing, practicing archery, or baking banana bread at Cooking! After a dinner of chicken, rice, salad, and twice-baked potatoes (YUM!), we prepared for our Evening Activity - A Skit-Off! The rules were simple: Each cabin had to perform a skit. The skit had to be a comedy, had to include a prop, and had to include a celebrity impersonator. Each cabin had us rolling off of our chairs with laughter! In the end, Algonquin took third place with a great talk-show skit, Cherokee took second place with an awesome Lady Gaga skit, and first place was taken by (drumroll please....) Narragansett with a hilarious skit about an auction at an elderly home! Just another day full of laughter here at Wavus!

June 30

Emily Winkler

Today's theme was Twilight. This theme involved dressing like a vampire or werewolf like in the book series and recent movies of "The Twilight Saga". We started the day with a delicious breakfast; fresh blue berries and southwestern scrambled eggs and vegetarian sausage as a special treat! My Goddess Day was extra special because only three cabins were on campus, so I got to see everyone in their morning activities. Each camper was able to bond with their cabin mates and really take advantage of the open campus! For lunch we had my favorite, tacos and quesadillas. We had a relaxing rest hour reading letters and opening packages. Next it was exciting afternoon activities. There was lacrosse, pottery, hair braiding, and funyaking. For dinner we had meatballs and ravioli and I revealed

my evening activity, "Capture the Flag, Vampires vs. Werewolves". The girls and counselors had a blast chasing each other around the field fighting for the flag. Everyone was exhausted from such an amazing day! My Goddess day couldn't have been better!

July 1

July first kicked off our Wavus Olympics. Junior Wavus campers arrived today and got right into the swing of things making pottery, going to G-Swim and then on to council fire! Cherokee, Ojibway, and Mohawk came back from their primer trip today on foot and by canoe. Narragansett was out on the open water fishing and jumping off the Snowgoose (our lobster/fishing boat). Abby Tanen broke the record of jumps off the top of the boat into the ocean with a total of 128 times! Cheyenne and Algonquin paddled out to Treasure Island to be greeted with wind and rain. What better to do then swim? Most of the campers were in the lake swimming and playing Frisbee. After eating lunch we played Ninja Destruction, Moose Master and Waa. The girls had a really good time! We had macaroni and cheese, hotdogs and salad for dinner and then got on with the evening activity. Campers were split randomly into teams which consisted of Ghana, France, Germany, Ireland, Australia and Mexico. They competed in soccer, running relays and javelin! Everyone was a winner!

July 3

Lisa Carson

Today we woke up and went to flag for Wear a Dress Day. Each cabin showed up in adorable dresses: cute summery strapless numbers and breezy beach styled were popular and

well represented. "The Beaver Song" was performed at flag and the Ojibway cabin, responsible for leading songs, sang loud and clearly. At breakfast the roar of giddy laughter nearly drowned out the announcements of counselors and duties assigned to each cabin. Once the day was underway, cabins filtered in and out of activities until lunch time when a delicious lunch of pizza was served, this goddess's favorite meal! At lunch the cabins competed to eat first with the funniest joke. Algonquin cabin won with a hilarious joke about cows.

After lunch the entire camp hunkered down for a well-deserved rest period. After rest period, sign ups commenced with yoga led by the bendy Devan and games on the lawn with Moe. G Swim rolled around and older girls enjoyed themselves on the causeway while younger cabins took full control of the waterfront. When dinner arrived, each cabin came to the beautiful Sunscape for a delicious meal of roast beef and mash potatoes.

After dinner the evening activity was announced: the Second Annual Little Miss Wavus Pageant! Each cabin competed in the pageant by selecting 1 camper to represent the cabin in each of the 4 different rounds. In the first round, the audience was dazzled by evening wear. Some cabins chose a formal approach with long dresses and bows; others opted for a more casual look with cute sundresses and shimmery sandals. The second round was the talent round. Contestants performed songs, showed off amazing dances, and impersonated counselors down to a tee. One performance was especially memorable, the recitation of the first 70 letters of Pi. The third round was the swim wear competition in which the contestants chose a beach



or pool ensemble and accessorized accordingly. From girls bound for Kieve to St. Tropez, this round was colorful and bright. The final round was the interview. Contestants answered one question from each judge such as "if red could make a sound, what sound would it make?" and "what are the 7 principles of LNT?"

When all of the rounds were completed, the judges deliberated and called the 4 finalists from each cabin to the stage. One from each section of the competition, these four girls stood together for the crowning ceremony. When it came down to Abenaki and Cherokee, the Abenaki cabin took home runner up making the Cherokee cabin the new Little Miss Wavus 2010! The evening was full of glamour and fun for all, and we will not forget the sparkles that shone so brightly from the crown worn by the Cherokee representative. Little Miss Wavus concluded and we went down to flag to lower it and go to bed. It was a long and exciting day. We can't wait for Little Miss Wavus 2011!

July 4

This Sunday, in celebration of the 4th of July, our theme was Party in the USA. We awoke and headed out to Jewell for a delicious breakfast that included the infamous Wild Do-Nuts. Next, we went to chapel and sang songs such as "God Bless America" in celebration of this important day. After a dip in the lake, an All-American barbeque lunch was served. Then, after a quick rest, the afternoon activity began. Keeping with the 4th of July celebrations the girls moved between five states (New York, California, Nevada, Texas, and Florida) and participated in fun activities in each. After dinner and a special holiday treat from the kitchen staff, council fire

was held. At council fire we celebrated our various accomplishments of the week including the return of some of our older cabins. Lastly, the campers made their way to the balcony of Jewell and excitingly watched a sparkler display performed by our wonderful staff. Overall, the day was filled with laughter, spirit, and red, white, and blue!

July 5

Today's theme was Twin Day! Campers dressed identical to someone in their cabin, doing everything from similar dresses to shoes to hats! At breakfast we celebrated Ramsey Everitt's birthday. Due to the heat, many of the day's activities were water-based, including an extended general swim period. Our evening activity was a 3-legged obstacle course that was both challenging and wet! Contestants carried sponges on their heads, crawled through hoops, weaved through cones, kicked soccer balls, and doused each other with water! The Abenaki cabin had the best time on the course, and we closed the day with flag.



July 6

Today was a great day at Wavus! The theme of the day was Gaga Day. We woke up to flag raising and bagels for breakfast - and a very HOT morning. Respect was the cabin of the day so they were called up first for breakfast, lunch and dinner! All cabins did their cabin activities in the morning - most of them were happy to have canoeing, kayaking, and sailing because it was so hot! Then we had a delicious lunch of chicken burgers and sweet potato french fries (everyone got popsicles

after lunch). After lunch we all had a relaxing rest hour and then moved on to afternoon sign up periods where some cabins got to do the aqua zip! After that we had ribs and salad for dinner. Our evening activity was a Lady Gaga dance off (going along with our theme of the day - GAGA DAY!) where all of the cabins dressed up in their most Lady Gaga outfits and made up a dance/skit to a Lady Gaga song. Narragansett won the best overall Lady Gaga award, Algonquin won best dance, and Kindness won best costumes! After that we lowered the flag and went back to our cabins for bed.



July 7

Christy Tricoli

On Wednesday, July 7th, Wavus woke up to the wonderful smells of french toast. The theme of the day was Reality TV, with scattered competitions and mock challenges at breakfast, lunch, and dinner. At flag, we sang "The Burrito Song," "The Shark Song," "Alive, Awake, Alert," and "Bazooka Bubble Gum." We then headed over to the Jewell Lodge for breakfast and sat with our cabins. After about twenty minutes, the goddess (Christy) called up three counselors (Seaneeba "Neebie", Alice, and Lucy) who were responsible for leaving the staff lounge in disarray. In an "Amazing Race" style challenge, Christy had them compete against each other to fill up a pitcher with water—only using their mouths to transport the water from one side of the room to the other. Each cabin cheered on their favorite counselor, and excitement filled the lodge. In the end, Neebie won by a landslide, leaving Alice and Lucy to compete again at lunch.

The campers continued on through their first three activities of the day. The sun was bright and the heat was blistering, but no one could complain about having so many beautiful days in a row. Art, Pottery, Woodshop, the Aqua Zip, and the Ropes Course were among the activities that the girls enjoyed. Then, we gathered again at lunch, which was a delicious choice of chicken Caesar salad wraps, veggie wraps, and salad bar. After twenty minutes had passed, the goddess called Alice and Lucy back to the stage. Unfortunately, Lucy had become sick, so Moe stood in for her. Their challenge this time: "Deal or No Deal"! The Junior Wavus cabin Courage served as the "briefcase girls" as the mock competition ensued. In the end, Alice won \$1,000,000,000 (the ultimate prize), while Moe lost most of her potential fortune. Even with heavy camper support, it was determined that Moe would clean the staff lounge.

After the excitement at lunch, the girls were released for rest hour. Then, they continued to their respective 4th period and 5th period sign-ups, including "friendship bracelet making," the "Aqua Zip," and the "island swim" (to name a few). At five o'clock, the camp met down at the docks for G-Swim, whose name was changed to "Super G"!!!! The girls really enjoyed swimming after all of the heat and humidity of the day. Some campers did relay races and swimming challenges to follow the "Reality TV" competition theme. They had a cannon ball competition for raft skits, followed by the end of "Super G."

Dinner included a scrumptious combination of spaghetti, bread, meatballs, and Caesar salad. More girls went back for seconds than I had ever



seen before. After filling their bellies, the campers patiently waited for the announcement of the EA ("Evening Activity"). They would be competing as fashion designers, as in the popular reality TV show "Project Runway." They were released to their cabins with a large garbage bag, tape, newspaper, a theme, and instructions for how to dress up one counselor and one camper for a Wavus fashion show!! Each cabin also selected one spokesperson to describe their fashion designs and how they fulfilled their theme. Some examples of the themes included "Under the Sea," "Lady Liberty," "Western/Cowgirl," and "Alice in Wonderland." The fashion show was a wonderful display of their talent, as the models showed off their trash bag/newspaper outfits with the sounds of "Vogue" playing on the speakers behind them. As the judges deliberated, the models and their audience danced around the Jewell. It was decided that the JW Cabin Kindness won the "Project Runway" competition for their "Under the Sea" theme; however, all of the designers and models were wonderful and deserved all the praise in the world!!!

After the fashion show, we met down at the flag and sang the Wavus "Day is Done" song together. We discussed how our reality is much better than reality TV, and how challenges can bring us together through fun rather than make us enemies through rivalry. The girls left for their cabins and slept soundly with the surrounding chirps, buzzes, and whispers of Wavus.

July 8

It was a beautiful day at Wavus yesterday; what lovely sun we've been having lately! The flag was raised

to half-mast in honor of a soldier returning from Afghanistan. This did not put a damper on the spirit of the songs! The "Banana Song" was executed the most energetically I have ever seen! The theme was Tie-dye, Plaid, and Pattern Day and everyone was able to find something to wear that fit the theme.

Evening activity was left as a surprise, although there were many guesses throughout the day. There were small contests to see which cabin would go first for dinner, such as "Best Crayola Crayon Color" and "Best Bird Call." After the delicious, summery stuffed green and yellow peppers for dinner, all the girls were able to run to their cabin to fetch a white shirt to tie-dye! There were many colors to choose from, and everyone ended up with shirts that looked incredible! For many campers, this was the first attempt at tie-dyeing, and everyone was pleased. I am excited to see all the shirts running around camp, and I'm sure the campers are just as excited to wear their creations!

July 11

Sara Komorowski

Saturday was Christmas in July up at Wavus! We woke up early in order to drive into Damariscotta and participate in the Strawberry Shortcake Shuffle. Though the eyes were still bleary at our 7:30 am breakfast, a couple of Christmas carols later and everyone was ready to pile on the bus and head to the local YMCA. The Shortcake Shuffle is a race that takes place every year. The girls participated in both the 7-10 year old half mile run and the 11-14 year old mile run. We had many girls who got ribbons and many girls who were able to push themselves further than they thought. Congratulations to all!

After saying "See you next summer!" to our Junior Wavus campers, we had two long afternoon activity periods, filled with Aqua-Zipping, tennis, basketball, knitting, art, and woodshop. After G-swim, we enjoyed a yummy dinner of American chop suey and veggies. Then came the best campers' opinions - an evening activity that involved ICE CREAM! We had an ice sculpture contest (using Maine's finest Round Top ice cream), graham crackers, goldfish, M&M's, chocolate bars, pretzels, and other goodies. The girls all came up with great stories and great sculptures. It was an awesome ending to a rewarding day! Merry Christmas and a Happy July!

July 12

It might have rained all day today, but rain never puts a damper on the fun at Wavus! It was the first real day back for many cabins after their long trips and they shared the lessons they learned, memories and songs at chapel in the morning. It was a hot and humid day when it wasn't raining and many campers cooled off during the morning G-swim. Mic-Mac and Osage participated in an island swim for their first day back after their 12 day journey - AT Sea.

It was pouring all afternoon, but many cabins played fun games inside the Jewell! Some of these games included blindfolded clay sculpting, costume relay race, human knot and wax museum! To wrap up the games we played two big group games. Campers were split up into two groups in a different way than they are familiar with, top and bottom bunk! The first game the top bunkers received the gold by jumping through the hula hoops the



fasted, but the second game the bottom bunkers had a comeback with duct tape noses. We ended the night at Wavus with council fire in the Jewell around the stone fireplace where we sang songs and were connected through electricity from our palms.

July 13

Anne Warner

July 13th was Retro Day! Girls came to flag dressed in tie-dye, 50s outfits, 80s jumpsuits and more. Since it was Kieve-Wavus Visitation Day, the girls cleaned their cabins, got ready, and then the girls from Algonquin to Abenaki headed over the Kieve to spend the day with the younger boys. The rest of the cabins remained at Wavus, and the older boys came over here for a day of slip-n-slide, swimming and activities. The slip-n-slide was the most popular Visitation Day activity. As it was the largest slip-n-slide most of us had ever seen, multiple kids could go down it at a time, which was really fun. With music blaring, lots of soap, and kids screaming with enthusiasm, the slip-n-slide was a blast! After enjoying multiple runs, everyone went into the lake for a super G-swim. There was lots of splashing, screaming and sinking docks, and it was awesome to cool off in the lake before lunch. During lunch, the counselors performed "Oh My Wav", and everyone loved it. We had a delicious lunch of meatball subs, hot dogs and chili, and popsicles-- the boys all commented on how much they liked our food! Kieve left before rest hour and the girls who had been over at Kieve came back here. It was fun to share stories of Visitation Day -- a good time was definitely had by all.

After rest hour and afternoon activities, we had a filling dinner of

BBQ chicken, meatloaf and scalloped potatoes. After dinner we held the annual Wavus talent show, and each cabin had a representative talent, and some were very interesting and fun. Diamond Stevens and Maddie Cross of Ojibway performed "Halo", and a few Cherokee campers performed a very polished dance to the "Waka Waka" Shakira song. Some favorites were a creative Mic-Mac routine and Omaha's interesting sounds. Algonquin performed unusual body talents—Maggie wiggled her ears and Gigi put her leg around her neck. Ultimately, the talent show was fun because it allowed people to show off their hidden talents and we all ended up having a great time! After flag we all retired to our cabins after a very exhausting day!

July 14

Emory O'Donnell

This session is nearing its end, and a day full of Cabin Pride was a great way for the girls to show off how close they have become these past few weeks. We began the day with an especially yummy breakfast, complete with French toast and pancakes. With full bellies, the girls headed out for their daily activities. Come lunchtime, the cloudy weather we had awoken with had disappeared and made room for some sunshine! Another hearty meal at lunch, consisting of all the delicious food we enjoy on Thanksgiving, got the girls energized for the rest of their day.

Dinner was yet another delicious meal. Each cabin was instructed to return to their cabins after dinner and get decked out in the colors they had been assigned that morning. Half an hour later, a sea of colors came flooding

down the field and the air was soon filled with cabin chants. Booming with pride, the girls competed in a series of competitions – the first being a relay race while carrying an egg on a spoon, the second being a water balloon toss, and the final round being find the M&M in a pile of whipped cream (without hands). At the end of the competitions, the girls took full advantage of the extra water balloons and broke out into a water balloon fight. Wet, and a little bit messy, the girls finished their day with flag and song and finally returned to their cabins beaming with pride.

July 15

Lucy Lynch

The Wavus girls woke up to gorgeous weather and headed to flag in their bathing suits and t-shirts. We sang songs and raised the flag before eating a breakfast of waffles and pancakes. The girls enjoyed activities like pottery, archery, and sailing until lunchtime when we feasted on hot-dogs and veggies. After rest hour, everyone met back in the Sunscope, broke into 11 teams of mixed ages, and began The Wavus Amazing Race. There was a list of ten tasks such as canoe to the point and back, perform a synchronized swimming routine, beat a counselor at tennis, and do the human knot with your team. The winners, team 6, finished in just over an hour with the other teams coming in within the next 45 minutes.

After the race was over, everyone headed back to their cabins to clean up and get ready for *Jewellias*, our traditional Thursday-night-before-camp-ends dinner. Everyone showed back up to the Jewell looking very spiffy around 6 pm. The girls snacked on appetizers as their counselors

served them pasta and tiramisu. The evening quickly turned into a dance party and everyone had a blast. We got on the buses and vans and headed to Kieve to watch the fireworks. Everyone had an awesome time hanging out with brothers, cousins, and friends and the fireworks were amazing. Wavus was sad to see this awesome day come to an end, but everyone is pumped for Color War tomorrow.



July 16

Theme of the Day: COLOR WARS!

Today began with a battle of epic proportions, with the campus divided in half, waging war with water balloons and squirt guns. Following a fair fight (and once all of the dye was gone), a game of Capture the Flag ensued. After a delicious lunch, campers returned to their cabins to pack and clean before dinner and council fire.

The final Council Fire was a somber occasion, with each cabin being presented with rays of the totem that embodied their spirit. The girls from Iroquois spoke movingly about their trip and their many years at Wavus after receiving their blankets, which signify completion of the 100-Mile Wilderness. The day closed in candlelight on the drumlin, with all of the women of Wavus joining in song before retiring to bed.



Second Session Goddess Reports

July 21

Eliza Cress

When we woke up on the first morning at camp, the directors were out on the boat going up and down the shoreline yelling and encouraging each cabin to get out of bed and get to flag. When we arrived at flag, we were surprised not to be singing our traditional songs. Instead we competed against the other cabins in relay races. We had to pick 5 runners that had to wear 5 costume items that they needed to run in but could not put on or take off by themselves. Needless to say teamwork was the most important factor. After our races we went and had breakfast. Luckily after we ate there were no duties because it was the first day of camp. We went back to our cabins and did a little cleaning before heading to our cabin activities for the morning. After that we had a delicious lunch of being able to make our own sandwiches! YUM!

Counselors and Instructional staff after lunch created skits to “sell” their activity to get the campers excited for sign-up activities in the afternoon. Afterwards, campers signed up for the activity of their choice and then continued on to rest hour. After rest hour everyone went to their activities for the afternoon and then we finished the afternoon with a camp wide general swim right before dinner.

Dinner was delicious there were so many choices and of course we all had a hard time trying not to eat too much! After dinner the weather was pretty strange so we went back to our cabins to get rain



gear before coming back to the Jewell for council fire. When we returned all the benches were set in a circle and we learned about the rays of the totem and we each received our own feathers that we could use to choose our own ray of the totem that we want to aspire to this session. We sang songs to close council fire and were dismissed by cabin to go back to our cabins for bed!

July 22

Hildy Schott and Sarah Trautman

The sun arose this morning with brilliance, and we hoisted the flag high on the flagpole at our 8:50 am flag ceremony. The goddesses of the day then declared the theme of the day to be Hobo. Their Iroquois cabin carried hobo sticks and dressed in ripped jeans, flannel, and hiking boots—standard hobo attire. As this was the first real day of camp, we sang our favorite songs that we knew would be a standard for the rest of the session, namely the Banana Song and Jellyfish. We even got Lisa to sing us the Beaver Song!

At breakfast, the cabins sang us hobo songs to be chosen for the food line. Remakes of our favorites appeared, like “Hobofish,” and “The Hobo Song” (the Cow Song).

This was the first day of normal activities and the girls had a blast at Wavus Waves, cooking, archery, art, sailing, and many more.

Lunch arrived with more Hobo songs and tacos! Best lunch ever! We heard some versions of “I’ve been working on the railroad” from different cabins. Mads and Hildy sang “Impossible,” but changed the lyrics to “Evacuated” and warned against the

perils of dehydration. Then counselors announced sign ups. Erin told us about her pirate island swim (avoid those sharks and whirlpools!), Nicky showed us her "guns" from woodshop, and Anna-Marie promised to teach us some American Sign Language.

The afternoon weather stayed beautiful and sunny, perfect for G-swim at the waterfront and causeway. Dinner finally arrived with each cabin presenting a fun fact about Hobos. Dinner was a classic hobo meal: mashed sweet potatoes, biscuits, applesauce, and pork. Yummy! We listened to some classic Hobo music as well (mostly bluegrass or anything to do with trains).

Although we had a ton of fun during the daytime, the best part of Hobo day was the evening activity! We had a *Hobo Iron Chef* competition. To get food items, the campers had to dress and act like hobos and then barter, beg, or steal items from the counselors. That's when things got a little crazed! All the girls had excellent costumes, and really knew how to beg and fight for their food. There were a few scrapes among the hobos, but that's hobo life for you: tough and always defensive.

When it came to actually making the food, the girls made some pretty interesting creations. Cabins mostly mashed up graham crackers, peanut butter, Oreos, and S&Ms. Everyone showed enthusiasm, and everyone used creativity. In the end, two cabins tied for first place: Mohawk with their banana/cookie sandwiches and Abenaki with their own delicious creation.

Thanks for a great day,
Girls!



July 23

Bella Tubbs

Today's theme of the day was Neverland which required everyone to dress up as characters from Peter Pan! We had campers and staff dressing up as pirates, Indians, mermaids, Peter Pan, Tinkerbell, Tiger Lily, Wendy, John, Michael, Nana the Dog, the Lost Boys, crocodile, Captain Hook and Smee. The weather was beautiful and sunny - so perfect for morning activities! We raised the flag to the Cow Song and "Don't Trust a Guy" - two of my favorites!

Breakfast was delicious, and the morning's activities went by smoothly and lunch came around very quickly. Pizza was on the menu but lunch was interrupted by the Lost Boys aka Junior Wavus counselors Emory, Cate and Roni! They climbed up onto the roof of the Jewell, threw water balloons at everyone and declared that they had kidnapped Tiger Lily! Oh no! Another activity at lunch was *The Zero Degrees H2O Submersion Challenge*. Liza and Amanda introduced the activity, by telling the camp that certain staff members had left The Beaver (staff room) in a complete mess! Liz, Helena, Tegan and Lindsey were the culprits and were called to the stage to compete in the challenge. They lasted a surprisingly long time in the trash bins filled with ice and in the end after lots of cheering and popsicle eating, Helena was declared the winner! Afternoon activities began after rest hour, which included an island swim to find Neverland, a relay race to save Tiger Lily and The Mystery Bus! After General Swim, everyone gathered again for a dinner of grilled chicken and afterwards I introduced the Evening Activity- Tinkerbell Tutu Making!



Everyone returned to their cabins to get into their fancy dress outfits, and came back to the Jewell at seven o'clock. All the girls sat in their cabins, and surprisingly we were organized enough to get everyone making a tutu, even the staff! We finished the day off by lowering the flag and Gabby introduced herself as tomorrow's goddess. I had so much, it was a great success and I thoroughly enjoyed myself being Goddess of The Day! Thank you.

July 25

Kate Adair

"Survivor: Wavus Island" Day

Wavus awoke to a gray and cloudy morning this Sunday. It takes a lot more than bad weather to dampen a Wavus girl's spirit though! We all gathered in Jewell lodge for our first "Wild Donuts" breakfast, a Sunday Wavus tradition. Blue skies began to roll in as we cleaned our cabins and by the time we had all gathered for chapel, the sun was shining and the clouds had disappeared. Each cabin shared a song or poem and we took a few moments to send well wishes to our sisters out on their trips. We ended chapel with one of our favorite songs "Peace Like A River" and headed back to the cabins to get ready for General Swim. Girls with brothers, cousins or friends at Kieve were invited to join the boys for lunch. Suse boated the girls over and we listened to her tell a legend about the Abenaki tribe that used to live on the land of Kieve and Wavus. It was the perfect day for a boat ride.

At lunch the Goddess announced that the theme of the day would be "Survivor: Wavus Island." Each cabin was assigned a different color and was asked to assemble on the playing

field. At 2:30 the cabins gathered at the Sunscape wearing their team colors. The cabins competed in four different games including a crab walk race, a twig tower building contest and an M&M treasure hunt. Each cabin had a counselor compete in the counselor challenges including a hula hoop contest, a cereal eating contest and Musical Chairs. Omaha cabin won and became the Survivors of the day!

After another great Wavus dinner, we all lined up to go to Council Fire. We spent the evening under the pines around a beautiful fire singing songs and dancing around as Liz played the fiddle for us. It was a wonderful day and we were all ready for a good night's rest.

July 26

Erin Malafronte

Paparazzi Day started off with the clicking of fake cameras and flashy tutus and accessories. Laughter could be heard from all the activities as the morning commenced, on this beautiful sunny day. Lunch proved satisfying, and the girls chanted songs and did dances in hopes of being the first to be served curly fries and chicken fingers.

Afternoon signs ups included drumming and dancing with Nana from Ghana, fairy house making with Erin and Kristina, and even a trip to the Kieve printing shop with Kate! After a nutritious dinner of ribs, rice and green beans, the girls returned to their cabins to prepare for the evening activity; a camp wide game of Paparazzi! Counselors, dressed in different colors according to point value, hid high and low all over the Wavus campus. In teams with their cabins, the girls set out to find both counselors and directors, dancing to the music playing

on the Sunscape that could be heard all around the point. The team who found the most counselors and gathered the most points would be awarded a prize. After scanning roof tops, surveying the lake, lifting canoes, and bush-whacking weeds, the cabin that returned with the most points was Ojibway, who received a small pack of Oreos as a prize. Both counselor and camper were completely exhausted, and after flag happily returned to their cabins to sleep.

July 27

Charlotte Perkins

Today at Wavus the entire campus with bustling with energy, we had beautiful weather and all the girls just loved to be outside enjoying the sunshine. The theme of the day was Clone Day, so everyone had a great time picking out what they were going to wear with either their twin or in a group of three.

The day started off with a delicious breakfast of waffle sticks, yogurt and fresh fruit, after that each cabin worked individually to clean up around campus to make it pretty for everyone to look at! At lunch we had yummy veggie wraps and then the counselors announced their 4th and 5th period signups. There were some great activities some of them were the island swim working on strokes and ropes working on team building techniques. At dinner we had mac and cheese, which was most definitely a crowd favorite. The evening activity was tie-dye and the girls really enjoyed it. They all brought down something of theirs to dye and we first started by rubber



banding up the t-shirts and then dying them wearing gloves. All the shirts turned out so well, there really is no way to go wrong with tie-dye! It was a great day at wav, and all the smiling faces clearly told us as well.



July 28

Eliza Kehoe and Amanda Leonard

Mystery Day started off well with riddles in the morning and word puzzles at lunch. Mysterious and odd characters revealed themselves at lunch time. Pirate Pearls, Robina Hood, Kara Biner, Vivacious Leigh, Bob Ross (the "happy tree" TV painter), Paul Bunyan, and Beatrix Potter greeted each camper along the food line. Sporting a velvet green gown, the beautiful and rich Amanda Body announced that she was throwing a swanky dinner party for later that evening and handed an invitation to each cabin. At 6:00, the girls showed up in their finest for Ms. Body's soiree. The characters were apparently running late for the occasion, so Ms. Body greeted her dinner guests to start off the evening. As she was welcoming everyone, a white van screeched to a halt in front of the Sunscape and three inconspicuous people dressed in black jumped out and kidnapped Ms. Body! The dinner resumed as the characters slowly filtered in, showing surprise upon hearing the news of Ms. Body's kidnapping. At the end of dinner, the girls went back to their cabins to attire themselves in detective gear in order to find the missing Amanda Body. When they returned to the Sunscape, they discovered a ransom letter proclaiming Ms. Body to be dead! They were given case files enclosed with profiles of the

seven characters/suspects, a checklist naming all the characters, weapons, and locations, and instructions on the rules. And the camp-wide search began! The character, weapon, and location (portrayed by cards) that were not found represented the murderer, murder weapon, and scene of the crime. Our game of Clue ended when the Cheyenne cabin was the first to discover that it was Robina Hood in the Woodshop with the fun noodle! The mystery was solved just in time for the campers to make it back to their cabins as the sun was setting.

July 29

Caitlin Hanley

Today camp awoke with bright smiles as the birds chirped to the clear blue sky that held all day. There was no theme today because Junior Wavus was arriving! All regular session cabins that were in camp went off on various adventures for the day, for example, Cheyenne and Algonquin went to an island on Damariscotta to enjoy a beach day. Cherokee went to an old camp that was bought to enjoy gimp making and lake swimming. After a hearty dinner of pizza and salad Junior Wavus and regular session split off for the evening. While Junior Wavus enjoyed their first council fire, the rest of camp had fun on the giant slip and slide for evening activity. Eventually all of Wavus made it back to their respective cabins and rested their eyes for another day full of joy and laughter.

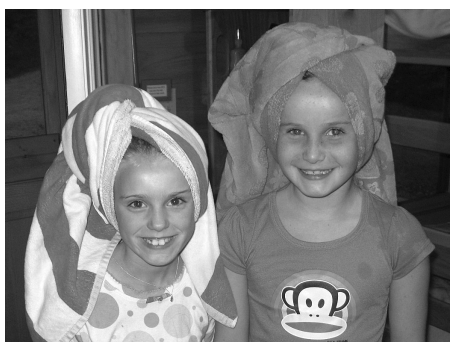
July 30

WELCOME JW'S DAY!!!

Today we woke up to a chilly first day of camp for the Junior Wavus girls. True to Wavus style, our cabin (Respect) arrived to flag this morning cozy and

warm in pajamas and sweatshirts, while The Goddess of the Day wore her homemade Wavus tutu!! This created much confusion among the new JW arrivals, many asking "Why are you wearing a tutu? Are we making tutus? When are we making tutus? Are we making tutus today? Are we making tutus right now?" and so on and so forth. Nancy, also sporting her hot pink homemade tutu, assisted our cabin in raising the flag. We led the rest of camp in singing The Burrito Song and The Shark Song before heading to a yummy breakfast of french toast, fresh fruit, oatmeal, and yogurt. After breakfast, campers completed their assigned duties and the Junior Wavus girls met at the Sunscape for camp photos. The JW campers had a great time playing games and getting to know each other and their counselors while waiting for other cabins to have their photos taken. Then it was off to camp activities!

The JW's enjoyed their first round of camp activities and being able to choose activities for the afternoon. After dinner, each cabin was given brightly colored paper, glitter, string, scissors, and markers or crayons, and challenged to make a kite out of the materials provided. The only requirement was that the cabin's name had to be on the kite somewhere, and the judges were going to be looking for the most creative design, the best decorated, and actual flying ability! The cabins had 45 minutes under the Sunscape to plan and construct their original kite creations. The campers had a great time and each cabin worked very hard on their kite. A few cabins created illustrations of Wavus and their favorite camp activities, the 13 rays of the totem, details about the cabin itself or their wilderness trips, and



most of them had every camper sign somewhere or draw a representation of themselves. All of the kites were bright, sparkly, and beautiful! Unfortunately, due to lack of wind, the flying portion of kite-making was cancelled for the evening. However, each cabin was advised to keep their kite, display it somewhere in their cabin, and try to fly it together at some point during the session. After an extensive interview process regarding each kite and what it means and represents to each cabin, the judges and the Goddess made their decision!!! In third place, for their sparkly-ness and elaborate decoration was ABENAKI! In second place, for most creative design was CHEROKEE! and in FIRST PLACE for the most innovative Wavus kite was MOHAWK!!! After much excitement, everyone headed down to flag to end the day and returned to their cabins with their new kites.

July 31

Tegan Mortimer

The last day of July was Fairy Day. The morning dawned bright and clear though a little chilly, the camp turned up for flag none-the-less in the very best of fairy gear. Throughout the day the camp had a magical touch with bright blue skies and slight breeze. Campers enjoyed activities such as archery and the ropes course through to things like watercolor postcard making and the island swim all day long. The Junior Wavus girls left us at General Swim to head to Kieve to have dinner and take part in their evening activity with the Junior Kieve boys. The remaining cabins enjoyed war canoe racing, the aqua zip and the island swim during General Swim. Dinner was a lively affair despite having only

six cabins in camp. The kitchen staff outdid themselves once again with popcorn chicken and shrimp and potatoes which this Goddess thinks are simply the best they make. The highly anticipated Evening Activity, Fairy House making was announced after dinner and the cabins quickly assembled to begin the challenge. For the uninformed, fairy houses are structures made of completely natural objects which are built in wooded areas for the benefit of the local fairy population. The girls got really into it and built some amazing creations with titles such as the Fly-On Inn, The Fairy Best Resort, the Lakeside Fairy House and a wonderful Shrek inspired fairy cottage. The houses will remain on the Wavus Campus to hopefully lure fairies to camp. Goodnight girls and I hope the fairies grant you sweet dreams.

August 1

Nana Mensah

The beautiful Sunday was themed SAFARI DAY! We started the day with the usual Sunday schedule of breakfast from 8:00 am to 9:00 am breakfast and proceeded on to chapel at 10:00 am.

We had lunch at 12:30 pm and distributed CD's with different African songs and gave directions to the helping Counselors to help paint the campers' faces with African patterns in the SAFARI and also dress them up in typical African outlook. A dance step was thought to all the cabins and the girls were to each create a dance to the songs given and incorporate the steps they were thought.

We all met at the fields sport at 3:15 pm where we started the Wavus competition of the best SAFARI or better still best African dance formation.

This was really exciting as most of the cabins did awesomely well by incorporating some of the movements taught during free period activities into their formation.

Algonquin came fourth position with very interesting face paintings with respect following their lead to third place with fascinating costumes. there was however a tie between Mohawk and Narragansett so a "dance of" was quickly organized which saw Narragansett taking the envious position of the first place. we crowned the whole competition with the celebration of a mass African dance where all the cabins and Counselors learnt new but similar African dance steps particularly from Ghana, Nigeria and Cote d'Ivoire origin. we climaxed the fun with sharing pop ice sticks and then finally dispersed and went to our various free period activities.

The day ended with a very solemn council fire (a ritual every Sunday night) where we sang songs like peace like a river, Waka-Waka from Africa, the snow song and many others.

In a nutshell, the Safari day experience was fun- fun- fun -fun and a new experience all together, what we the goddesses call Africa in Wavus!!!!!!!!!!!!

August 2

Aileen Hurd

Today's theme was Fairy Tale Invasion Day! At flag, everyone was alerted to potential "shifts in the magical realm" and was told to be on the lookout for unusual things around camp. The morning was sunny and filled with fun activities. After we had eaten lunch, the staff reported some peculiar happenings they had witnessed around camp. For instance, our pottery instructor heard a "tic-

toc, tic-toc" coming from the lake all morning, a lost little girl named Alice was found wandering around the ropes course, our programming director saw someone drop to the floor after taking a bite from a red apple, and a big metal hook was found near the Owl's Nest. Everyone was reassured that these things would be fully accounted for, and anyone who might have any further information was encouraged to come forward. The afternoon was filled with fun activities, such as W.E.I.R.D., riding the mystery van to jump into the lake off the Damariscotta bridge and Zoomba dance aerobics. After a yummy dinner of tacos, the cabins were assigned their task for Evening Activity. Each cabin was given a different fairy tale and created an original skit about what would happen if the characters from that fairy tale were to invade their cabin. Everyone's skit was a great success, and the Jewell was filled with lots of laughter. After flag lowering, we all returned to our cabins for some restful sleep, eagerly anticipating another day at Wavus!

August 3

Krystle Morrill

Can cloudy weather stop a celebration? NO WAY! Especially not at Wavus! Today's UnBirthday Celebration refused to be shut down by clouds and we were even lucky enough to get a few peeks of sun as the day went on! The day started with flag where we sang two camp favorites -- "Princess Pat" and "Bazooka Bubblegum." This was followed by a delicious breakfast of our choice of fruit, cereal, granola, yogurt, and raspberry and blueberry coffee cake! Yum! After breakfast the day continued with activities until lunch time where instead of listening

to the usual sounds of Wavus, birthday songs could be heard throughout campus! After a mixture of "Happy Birthday," a few birthday chants, and a few other creative songs, it was time for a lunch of BLTs, CLT's, Hot Dogs, Potatoes, Chicken Noodle Soup, Tomato Soup, and Salad!

Finally, after a long days wait and some terrific dinner, it was time to get the party started! HOORAY! Following clean-up, campers were instructed to go back to their cabins and put on clothes they didn't mind getting messy and to meet back at the Sunscape at 7:15! Not only did 7:15 bring some excited campers but it brought many rumors as well -- Were we having a cupcake war? Were we having a cake eating contest? NO! We were having an ICE CREAM CAKE SCULPTING CONTEST and the rules went like this: Each cabin had to nominate three members to sit on and pop balloons that were taped to benches. Each balloon contained a small slip of paper. The first balloons contained various birthday party themes such as an Alice in Wonderland Party, a Horse/Pony Party, and a Mermaid Party. After each cabin received their theme the next two balloon poppers would pop ingredient balloons. These balloons told each cabin which ingredient, besides ice cream, they would be able to use. These ingredients included items such as marshmallows, graham crackers, Oreos, and hot cocoa powder. After receiving both their theme and their two ingredients, each cabin was given ice cream from Round Top and had fifteen minutes to complete their sculpture! In the end, each cabin produced some amazing sculptures!! After a long deliberation from the judges it was decided that in third place

was the Dance Party/Ballet Theme. They had done a great job making a tutu out of their black raspberry ice cream. Coming in second place was the Princess Party Theme who made a castle out of chocolate ice cream, a moat, and even a drawbridge out of graham crackers! And coming in first place (DRUM ROLL PLEASE.....) was the Beach Party Theme! They made a tower with "Beach Party" written across it out of chocolate ice cream and on the top was a beach scene - - graham crackers were used for the sand and blue S&Ms were crushed up and used as water! Great Job WAUVS girls! As the grand finale of this party, each cabin was allowed to share and eat their sculpture! It's safe to say that everyone at Wavus had a very Happy UnBirthday! YAY!

August 4

Today was Camo Day. All the girls came to flag dressed in their best camouflage gear and we sang fun songs like the Cow Song and the Burrito Song. The morning was pretty dreary, and it started to rain just as the girls ran back to their cabins for duties, but luckily it all cleared up by the time first activity started and the rest of the day went swimmingly! We had a lot of fun sign-up activities for fourth and fifth periods, including two island swims, hair-braiding, and origami crane making. After a spaghetti dinner, all the girls went back to their cabins to get even more decked-out in camo gear, taping dead leaves to themselves and painting their faces with war paint. The evening ended with a fun game of Escape to Freedom: the girls had to find three "freedoms" around camp while simultaneously running from the counselors, who were out to send them

to jail. It was a tiresome game, and we all went back to our cabins ready for a full night of sleep!

August 5

The campus was excited and nervous because today was our big day. It was the event of the summer. The grand old Wavus Wedding!!! Everyone was extremely busy preparing throughout the day. At lunch, we held an egg toss competition between members of each cabin. Those who won their heat were selected as bridesmaids and groomsmen. Afternoon activities consisted of decorating cupcakes and the wedding cake, decorating the chapel with beautiful flowers and ribbons, making a veil for the bride and sashes for the bridesmaids. In art, the girls made festive fabric flowers. The wedding party came up with a dance to perform while walking down the aisle. After dinner, the girls returned to the chapel in their best wedding attire to begin the night's festivities. Nancy performed the ceremony between Eric the bat and Manna (aka Mary Anna) which was followed by a night of dancing at the reception in the Jewell.

August 6

Mae Ciampa

The theme of the day was Pop Star Day. The evening before, after flag, campers were encouraged to dress up like their favorite pop stars or, better yet, become pop stars themselves, but they were warned that counselors might ask them to perform at random throughout the day, so they should be prepared.

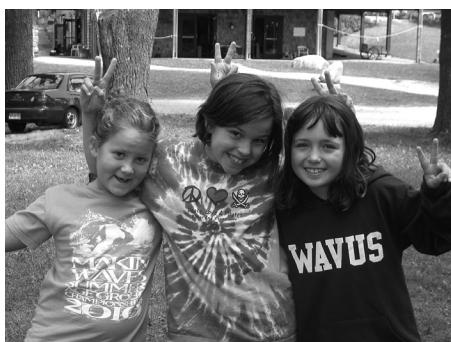
Today we woke up to a cool and sunny morning, a welcome break from the overcast humidity we had experienced earlier in the week. It was

a small, but enthusiastic group of pop stars at morning flag. After Shawnee raised the flag, they led the group in "the Banana Song," "the Jellyfish Song," and "the Cow Song." After flag, we enjoyed a delicious breakfast of blueberry crepes, fresh fruit, yogurt, and granola. Then, all the campers returned to their cabins to get ready for cabin inspection. Kindness was awarded the "cleanest cabin," winning the honor of signing up for afternoon activities first and taking care of Suki, our new camp puppy, during rest hour. For lunch, we enjoyed sweet and sour meatballs, noodles, sweet potato and regular fries, peas, and mixed steamed vegetables. Sign-ups for the afternoon included partner climbs in ropes, button pin making with Krystle, drama with Ruth, and an island swim with Megan L., Mae, and Sophie, among others.

After lunch, I announced the evening activity in order to allow the campers plenty of time to prepare. For E.A., each cabin needed to choose its favorite pop song and re-write the words to make it about Wavus, the cabin, or its trips, choreograph a dance, dress up in costume, and perform it during evening activity. The cabins began working right away and all during rest hour the songs of Wavus wafted down cabin row.

Although dark clouds rolled in during 5th period, the weather held out. Unfortunately, G swim was cut short when an unexpected visitor, a snapping turtle, showed up under center dock. Instead of finishing G swim, campers returned to their cabins and continued to work on their Wav-themed pop songs until dinner.

For dinner, we welcomed back Algonquin, Cheyenne, Respect, and



Responsibility and ate quesadillas, tacos, fajitas, and rice and beans. After dinner, campers returned to their cabins to put finishing touches on their E.A. performances before reconvening in Andrews Hall. Meanwhile, the JW cabins enjoyed a slide show and their final council fire.

The evening activity was a major success. Omaha won 1st place for their pop song medley about Wavus. Shawnee came in second for its rendition of “Tic Toc” by Ke\$ha about climbing Mt. Katahdin, and Cayuga placed 3rd for “Party on Mt. Washington” (Party in the USA by Miley Cyrus). Every cabin did a fantastic job personalizing its song to fit its experience at Wavus, from disgust at seeing tourists drive to the top of Mt. Washington, to snapping turtles at G swim, to wanting to see Kieve in Baxter State Park.

August 7

Emma Mohney

Betty Crocker Day opened with a crisp, cool morning—a refreshing change from the heat we’ve been having! At flag, we stretched our lungs with the Shark Song, the Llama chant, and the Burrito Song, and then headed up to breakfast: the usual lineup of granola, yogurt, cereal, and fresh fruit, plus yummy apple and cheese pastries (perfect for the theme!)

After breakfast, full-session campers said goodbye to the JWs, who had to pack up their cabins and get ready to greet their parents. Everyone else spent the morning playing field sports, climbing at Ropes, and paddling in kayaks and canoes—it was perfect weather for running around outdoors.

At lunch, we all enjoyed sandwiches, soups, ribs, salad, and delicious fresh watermelon (campers described their

favorite desserts, and how the desserts were made, to win their cabins the chance to get food—and sign up for activities!—next). After lunch, we headed to a relaxing Rest Hour.

During the afternoon, we welcomed Cherokee, Ojibway, Osage, and Mic Mac back to camp—as cabins returning from trip, they were first in line for dinner (breakfast for dinner: eggs, bacon, bagels, stuffed pancakes, fruit). We took a post-dinner break to digest, and then reconvened at the Jewell for the top-secret Evening Activity: cake decorating! The girls were given cake, frosting, and toppings, and went to town creating gorgeous cakes, each featuring a different theme. The Omaha girls won with their St. Croix-themed cake, but other notable examples included Cherokee’s Candy Land cake, Narragansett’s Wavus Spirit cake, Cheyenne’s canoe trip cake, and Osage’s A.T. Sea cake. Betty Crocker would have been proud!

August 8

Harry Potter Day was the theme for the day. The festivities started on Saturday night. I got in costume and with some other counselors went around to each of the cabins and sorted them into houses. We carried a chair and brought a hat, and had a list to evenly sort them. They loved it! We made a large poster, and gave house points throughout the day for good behavior. In the morning, we had wild donuts and everyone rolled into breakfast at different times. It was very hot outside, and everyone wore their house colors. For the afternoon activity, there was a game, similar to “capture the flag”. From the causeway to waterfront on Andrew’s side of the path were the “in bounds.” Each house had a section

of land where they were safe, and in all of the other territory they could be tagged. It was a very hot day, and was difficult to keep the campers motivated to run around for the entire two hours. They were searching for Horcruxes, and were evenly spaced throughout the grounds. Once they found one, they had to hide it somewhere on their grounds, and it was vulnerable to being stolen by another team. We premade root beer floats and handed them out to the kids as houses, and called it Butterbeer. Counselors acted as Dementors and there was no safe place from Dementors. For dinner, we moved the tables into rows and hung large banners to set the scene. We played Harry Potter music throughout the day and had a counselor table in the front of the 'great hall,' where the counselors with the best costumes could sit. Bella played moaning myrtle, and Caitlyn played Professor Trelawney and gave fortune tea readings. Kate Adair played Lord Voldemort, and we had a wand battle walking on the tables and dramatically running around. The other staff in costume joined in, and in the end was a very successful day, and I got a lot of positive feedback.

August 9

Helena Turner

Dinosaur Day was a ROARING success! The day started out a bit rainy, but fortunately cleared up and camp was sunny and beautiful by midmorning. The theme of the day dictated that certain choice phrases being uttered by campers or counselors meant "dinosaur arms" for ten minutes. This made canoeing difficult for sure! Evening activity was an air guitar competition, with extra points for dinosaur-themed songs. Cayuga's

originality and enthusiasm earned them first place and bragging rights for the rest of the week, but every cabin brought their best and did a fantastic job! Thanks for a great dinosaur day, Wavus!



August 10

Julia "Jules" Donato

Today, on Guy Day At Wavus, the girls woke up to a beautiful day! At 7:50 when the girls went to flag, dressed in their best guy outfits, the sun was already shining bright and the temperature was quickly rising. After an awesome breakfast put on by our cook Mary, of egg sandwiches, the girls were all excited to hear that today was invasion day! Invasion day occurs when boys from our brother camp, Kieve, come over to do activities and hang out. When the boys arrived at 10:30, most of them quickly joined the girls at the slip n' slide, where they were all soaked from head to toe with water and soap. Then at 11:30 we had general swim, where tons of boys were chanted into doing pain dives. After general swim, we enjoyed a delicious lunch of Philly cheese steaks, curly fries, chicken fingers and salad. After lunch, we said goodbye to the boys and headed to rest hour. Then for fourth and fifth period, all cabins were assigned different activities such as, canoeing, kayaking, sports, ropes, or woodshop. After fifth period, the girls got to enjoy yet another general swim, where they all did skits impersonating some of the Kieve boys. For dinner, we enjoyed hot dogs and Mac and cheese. After dinner however, was when the fun really began! All the girls had to make skits about Kieve and Wavus while also incorporating

different movie themes. Then, after the skits were done the girls enjoyed an end of the night dance party. However, during the skits a storm blew in over camp, so we could not lower the flag because it was raining too hard. Still, the girls seemed to really enjoy the day and have lots of fun!

August 11 **Jozy Blanck**

The girls had a great time today! The theme was Wavs Got Talent, and yes they do! Energy was high this morning as all of the cabins, except Narragansett still on trip, gathered for flag. We raised the flag to a perfectly sunny morning and sang the Moose and Hippo songs. Opening flag was followed by a delicious breakfast of fresh fruit, yogurt, granola, lots of cereal, and waffle sticks. Morning activities were bustling under the sunshine of mid-August and the girls came to lunch full of energy and with a healthy appetite. After selecting their 4th and 5th period activities the girls enjoyed tasty sandwiches, chickpea salad, pasta salad, chips, and the salad bar. Exciting afternoon activities and a much-appreciated General Swim took up the remainder of the hot afternoon. Dinner was Thanksgiving style with yummy chicken, cranberry sauce, mashed potatoes, peas and carrots, gravy, and even stuffing. With full stomachs the girls went back to their cabins to prepare for the evening activity, a talent show! It was a great opportunity for the girls and counselors to share their talents with camp. All of the girls did terrific as they bravely got up on stage in front of the entire camp! Acts included singing, dancing, joke telling, karate, a fashion show, skits, and an Irish jig. Everyone proceeded

to flag in Irish jig style, accompanied by the fiddle. The night grew dark as we lowered the flag in the calm of a mid-August evening, another great day at Wavus!

August 12 **Lucy Lynch**

The Wavus girls woke up to gorgeous weather and headed to flag for Role Reversal Day. The campers sported Patagonia baggies and Wavus pinnies and the counselors dressed as campers in their tutus, crocs, and pajama pants. We sang a few Wavus favorites and raised the flag before a breakfast of pancakes and bacon. The girls enjoyed activities like pottery, archery, and sailing until lunchtime when we feasted on mini hot-dogs and cheeseburgers. After rest hour, everyone gathered back at Andrew's Hall to watch the performance of Alice in Wavusland. Ruth and a troop of Wavus actresses have been working on the production all session. The play was wonderful and everyone proceeded back to the Sunscape afterward. We had an open period where the campers could work on different portions of the Wavus medals books. They went to different areas and worked on completing Wavus W's. Next, everyone headed back to their cabins to clean up and get ready for *Jewellias*, our traditional Thursday night before camp ends dinner. Everyone showed back up to the Jewell looking very spiffy. The girls snacked on appetizers as their counselors served pasta and tiramisu. The evening quickly turned into a dance party and everyone had a blast. We got on the buses and vans and headed to Kieve to watch the fireworks. Everyone had an awesome time hanging out with brothers, cousins, and friends and the



fireworks were amazing. Wavus was sad to see this awesome day come to an end, but everyone is pumped for Color War tomorrow.

July 13

Anne Warner

COLOR WARS 2010!

To start off the last full day of Second Session, we all sang our favorite songs at flag. We then headed off to breakfast where a few counselors were punished for not keeping the Beaver clean by eating raisins out of plates filled with syrup without using their hands! It was hilarious to watch Kristina, Christine, Lisa and Erin M stick their faces in syrup! After breakfast we cleaned our cabins really well to prepare for our departure tomorrow and got ready for Color Wars 2010! The story behind Color Wars this session was that many years ago there were two competing clans of people living on the Wavus point, one that herded wild donuts and favored J Scoop, and another that manufactured tutus and favored Round Top. After hearing about the struggle between the two groups, we split into red and blue teams and competed for domination of the point. Color Wars went on for quite a while and it was unclear which side would win. The competition was very fierce this year and included many stealth Navy

attacks and intense secret missions. There was much confusion regarding the rules about moving flags, and a red team member finally captured the blue flag, only to be tagged by a blue person. Then the blue team hid their flag in the outhouse near the Owl's Nest, which was declared against the rules, so red won! After such vicious competition, everyone was exhausted and covered with dye.

We had tacos for lunch, which were delicious. In the middle of the meal the Long Voyage girls started a water fight, which ended with everyone on the Sunscape totally soaked! Water was everywhere and people used their water bottles, and even the pig bucket, to douse each other. It was a crazy and refreshing way to cool off. Lunch ended with ice cream cones to close the rivalry over ice cream between the two camps during Color Wars.

Throughout the afternoon, we took care of cleaning and packing around camp. It was hard to believe that we would all be going home so soon. We had a delicious pizza dinner and every cabin performed a song from High School Musical to determine eating order. After dinner we had a fantastic session slideshow that showed off all of our smiling faces at various activities and on trip. To end the night we had our last council fire. It was very meaningful to hear counselors give their cabin rays of the totem. Also 7 girls received paddles for completing a long trip and being at Wavus for 5 years. Council fire closed with a candlelight procession up the hill and edelweiss sung around the flagpole. Each cabin enjoyed their last night together and we all slept soundly in anticipation of Parents' Day!



Camp Wavus

By Catie Hopkins (Cheyenne First Session 2006)

**The day I sat on the cabin floor
Was the day I felt that there was more
Than my house and friends and neighbors, too,
That I needed to try something new.
I knew I could face it and that I did
Then came the day I had to bid
The camp good bye.
I thought of my summer I had behind
Archery, sailing, riflery, too
There was always something to do
Swimming, climbing, running about
Camp Wavus is awesome, there is no doubt.**

Trip Logs - Session 1

Junior Wavus Responsibility Bremen/Hog Island/Snowgoose

HBC: Sophie Gray

JC: Aileen Hurd

JC: Melissa Wider



July 7

The Responsibility Cabin traveled to Bremen, Maine on the morning of July 7th. We arrived at Bremen excited for our day on the Snowgoose. The boat arrived and we loaded our bags and other camping gear onto the boat to take with us over to Hog Island. We unloaded our bags on the Island and re-boarded the Snowgoose for a day out on the water - sightseeing, fishing, and reeling in lobster traps. The Snowgoose proved to be the highlight of the trip for the girls, as they enjoyed seeing a family of seals, a bald eagle, and had

the chance to experience the rush of jumping off the top of the boat into the cold salty ocean water. We then returned to Hog Island, set up our tents and cooked dinner on the grill. To end the night we sang around the campfire and enjoyed delicious s'mores.

July 8

On day two of our trip we spent the morning and afternoon swimming off the dock and exploring the Island. Ryan Pelletier, an Environmental Education Coordinator on the island, led us on a hike and showed us how to find crabs and other sea creatures in the tidal pools.

At 3 o'clock we returned to Bremen, packed and boarded the vans, and made a small pit stop for some ice-cream on the way back to Wavus!



Junior Wavus Respect
Bremen/Hog Island/Snowgoose
HBC: Erin Birmingham
JC: Sally Hereford
JC: Moe Beaulieu

July 8

Today, our cabin packed a lunch and piled into the van after breakfast, singing, laughing, and dancing the whole way to Bremen. Arriving at the shore, we unloaded our gear and met Captain Bill and his deckhand, Troy. Alongside Responsibility cabin, we filed onto the Snowgoose lobster boat with much anticipation and excitement for the adventures that were to come! It was a brisk and foggy day on the ocean but nothing could dampen our spirits. Once aboard, we went on a nice cruise with Captain Bill, who lent us his binoculars to see islands covered with huge, lounging seals and a massive bald eagle perched high in

a tree in the distance. Troy assisted with hauling lobster traps out of the freezing cold water. Many of the girls enjoyed playing with the lobsters, as well as the crabs and seaweed the traps brought in. Later in the day, Captain Bill allowed us to swim off the boat. Even though it was quite cold outside, almost everyone on the boat jumped into the icy cold ocean water! We had a fantastic time swimming and laughing, and all together we totaled over 100 jumps! After swimming, Captain Bill surprised us and gave everyone on board a chocolate candy bar. He handed out fishing poles and we spent the rest of the afternoon fishing for mackerel, slowly making our way back to Hog Island. When we arrived, we worked together to set up our tents and then cooked hot dogs for dinner. We swam off the island and played games with Responsibility cabin before making yummy s'mores over a blazing beach fire. We swam around for a while more and were able to sing songs with Algonquin, who were camping across the water at the Bremen dock. We eventually snuggled into our sleeping bags after an adventurous and fun-filled day together!



July 9

We woke up this morning to clear, blue skies and a magnificent view of the ocean. We ate breakfast, talked, laughed, played games, sang songs, and went swimming off the dock. We had an educational talk with Ryan Pelletier, an Environmental Education Coordinator on the island about the history of Hog Island, conservation, and ways to protect the island for future generations. After a yummy lunch of peanut butter and jelly sandwiches, we



did some more swimming and went on a nice nature walk around the island with Ryan. He told us all about the natives that lived on the island long ago and how it came to be Hog Island as we know it today. We also spent some time picking up trash off the shore with our counselors and Lauren even made a trash sculpture! Then it was time to get back onto the Snowgoose and bid farewell to the Island that, in such a short time, had come to be our home away from home.



Junior Wavus Courage Bremen/Hog Island/Snowgoose

HBC: Christy Tricoli

JC: Aileen Hurd

JC: Lucy Clark



July 5

After having breakfast at camp, the JW campers of Courage set out for their first trip as Wavus women!!! They excitedly huddled into one of the big white vans and enjoyed a quick ride over to the Bremen docks, where the Snowgoose (a huge lobster boat!) picked all of them up for transport over to our destination - Hog Island. It was a gorgeous day, with clear skies and a blistering hot sun. Normally, the heat would make tripping difficult, but we had a day full of swimming in the cold ocean ahead of us.

After arriving at Hog Island, the girls worked together to pitch four tents, which was a first time experience for many of our "Courageous" ladies. Lunch came soon after, which included turkey/ham sandwiches, granola bars, and GORP (a delicious tripping favorite)! They were introduced to Frances and Ryan, who taught them about the island and its natural inhabitants. We set out on a ten minute hike around part of the shoreline, which turned into two hours of searching for crabs, clams, seaweed, and edible plants. Then, we walked back to our campsite and changed into our swimsuits for a dip in the freezing ocean! The bravery of our cabin was evident as camper after camper jumped off the tall dock rails, smiling and screaming the whole way down.

For dinner, we grilled cheeseburgers and ate “macaroni and cheese” — which consisted of pasta shells with slices of American cheese melted on top. It was yummy and filling, but the meal was not complete without a dessert of s’mores!!! We made our way down to the shore and built a small fire, telling riddles and scary stories as it grew. The s’mores were a great way to end a wonderful day on Hog Island, giving the exhausted campers sweet dreams as many slept in a tent in the wilderness for the first time.

July 6

We didn’t think that we could top day one, but day two of JW Courage’s trip proved to be even more fun and adventurous! After eating a breakfast of bagels and oatmeal, the girls packed up their bags and took down their tents to get ready for a day on the Snowgoose. Captain Bill picked us up at around ten o’clock, and we set out for a sightseeing tour of the bay. The girls shared binoculars to catch glimpses of bald eagles and playful seals. The captain pulled up several lobster traps and taught the campers about the size and weight requirements for sale, as well as how the buoy system works in the open waters.

Lunch, again, included turkey/ham sandwiches, snacks, and nachos. Captain Bill anchored the Snowgoose in a cove and invited the girls to swim and jump off of the top of the boat. Many of the Courage campers aspired to break the individual record of over 160 jumps, but when dark clouds began to roll in, we had to tally our numbers and leave sooner than we had hoped. But, after counting the combined jumps of the cabin, we discovered that we had beaten the cabin record by jumping over 500 times! It was an amazing

accomplishment that earned the girls a “Snickers” bar from their captain.

We dried off and headed back for the Bremen docks. We were so sad to leave after two incredible days out in nature. The trip was a great first experience, which encouraged many of the girls to imagine what longer trips might be like as a full session camper. After a customary stop at J-Scoop Ice Creamery on the way back, JW Courage returned to the welcoming arms of Wavus.



Junior Wavus Kindness

Bremen/Hog Island/Snowgoose

HBC: Kate Adair

HBC: Tegan Mortimer

JC: Seaneeba "Neebie" Thompson

June 5

Cabin Kindness left for an overnight trip to Hog Island on June 5th. We enjoyed a wonderful Wavus breakfast and packed a lunch for later in the day. After some strategic packing, all nine girls and three counselors piled into the van and hit the road!

We arrived at the Bremen campsite around 10:00 a.m. and were greeted by the crew of the Snowgoose boat. A quick ferry ride across the harbor brought us and our belongings to the sun-soaked shores of Hog Island. Our guides Ryan Pelletier and Frances Robinson, Environmental Education Coordinators on the island, showed us to our campsite and we began to set up

our tents. Together with Courage cabin, we were given a brief history of Hog Island and the girls spent the afternoon with Frances identifying trees.

After a break for lunch, we followed Ryan and Frances on a hike around the island. Our path through the deep forests eventually opened up to the rocky coast where we stopped to go searching for crabs and other creatures in the tide pools. We spent hours exploring the rocks and sifting through the mounds of seaweed. Frances got a few of us to jump into the ocean with all of our clothes on and we soon had everyone laughing and swimming in the cool water.

After another swim at the main docks, we were very tired and hungry! Everyone helped make a delicious dinner of burritos and we learned the principles of "Leave No Trace." Frances and Ryan helped us build a nice fire on the beach and we watched the sun fade



over the harbor together, singing songs and telling stories. Full with s'mores, we sat around in a circle and shared our thoughts about the trip so far. It was a great way to end the day and reflect on how our cabin was bonding as a group. We hiked back up to the campsite and got into our tents around 9:30 p.m.

June 6

We awoke to another beautiful day at Hog Island. The girls packed up their belongings and the counselors made a delicious breakfast of chocolate chip pancakes. The Snowgoose picked us up around 10:00 a.m. and we set sail with the crew for a day on the water! The girls pulled up five lobster traps and even held the lobsters! We stopped

the boat to make lunches and after cleaning up, the captain let us jump off the roof of the boat. This was definitely the highlight of the trip. We had set a goal for ourselves to break the record for jumping off the Snowgoose boat. After more than two hours of jumping, we anxiously awaited as the captain tallied our jumps. The boat erupted into cheers and the captain announced we had shattered the old record with 500 jumps!

The Snowgoose brought us back to Bremen and we boarded the van once more. After a stop at J-Scoop for ice cream to celebrate a successful trip, we arrived back at Wavus just in time for dinner.

Algonquin "Unique"

HBC: Emily Winkler

HBC: Nana Mensah

JC: Emma Mohney

June 29 - Snowgoose

We were super prepared for our primer daytrip to the lobster boat Snowgoose—we packed everything we needed in our backpacks and were ready to go right when we got up the next morning! We woke up to cloudy, cool weather on the morning of the trip, but hoped for the best and ate a big breakfast at the Jewell before making our PB&Js and hopping in the van at exactly 9:00 a.m.

We got to Bremen Landing in half an hour, and fun-loving Captain Bill and his assistant, Troy, took us on their boat, where we played games, sang lots of camp songs, and finally jumped off the boat into the chilly water! Everyone jumped at the same time, and Captain Bill said we were the first cabin to get everyone in the water.

We ate lunch (sandwiches, pretzels, and Oreos) on the boat with the crew, and then caught lobsters and fish and saw harbor seals, osprey, and a young male Bald Eagle as we toured around the islands. We were off the boat by 3 p.m. and headed back to camp for dinner after the fun day!

July 2-3 - Camden Hills

Day 1

On the morning of our first day we woke up to blue skies and a light breeze, and after eating breakfast at camp we packed up the van and headed to Camden Hills State Park, singing at the top of our lungs all the way. We were at our campsite by 10:15, and after setting up the tents and packing our backpacks for our first hike, we walked to the Park, where we checked in with the Rangers and decided to conquer Mt. Megunticook. It took us about 2 hours to summit (singing and chatting all the way up) and we came out at the Ocean View tired but excited. We took lots of



pictures, then settled down to eat our PB&Js, GORP, and homemade granola bars from cooking class (they were delicious!). After cleaning everything up, we hiked the last half-mile to the summit, where we took another break and played a huge game of “Wah!” before turning around.

After our hike, we were sweaty and tired, so we got directions to a local swimming hole from the Rangers, changed into our bathing suits, and took a quick dip before driving back to the campsite and starting a fire for dinner (hot dogs, seasoned rice, veggie burgers, and baby carrots). Then we did our dishes, sang a few songs, and made lots of s’mores before heading to bed around 10 p.m.

Day 2

We were up bright and early our second day, which was as beautiful as the first. We heated water for oatmeal and fried some bacon and veggie sausage before making sandwiches (PB&J, of course—super food) and packing up all our tents and sleeping bags. When our campsite was all cleaned up, we drove to the Park and hopped out at the base of Mt. Battie. The girls took turns leading the group, and we were up the mountain in 44 minutes! At the top, we took a long break for lunch (sandwiches, plus granola bars and Oreos) and games (mafia and “Wah!”), and then headed back down. Because we finished so quickly, we had some extra time in the park, so we went back to the campsite area, parked, and walked a short trail near the ocean, climbing down onto some big rocks for a water break and a round of “Don’t Trust a Guy!”



Around 3 p.m., we piled back into the van and sang our way back to J-Scoop for our well-deserved post-trip treat!

July 8-9 - Bremen/Hog Island

Day 1

After breakfast at camp, we filled our water bottles, double-checked our backpacks, and loaded up the vans for our second overnight trip (packing up was much quicker this time around!). We got to Bremen in about half an hour, hopped out of the van, and met Frances Robinson, an Environmental Education Coordinator, who guided us as we kayaked over to Hog Island. When we reached the island, we ate lunch (PB&Js and granola bars), then hiked the "Ocean Trail," stopping to explore the intertidal zone, swim, and even eat beach fleas!

We were back on the mainland by 5 p.m., and together we made a fire and cooked dinner—hot dogs, hamburgers, veggie burgers, cheese, and baby carrots, followed (when it got dark) by s'mores. We sang songs and told stories

around the campfire and danced until we finally retired to bed at about 9:30.

Day 2

Because we weren't in a rush, we woke up leisurely on our second morning and had a late breakfast of pancakes and bacon—while counselors worked the Coleman stove, the girls played Concentration and clapping games. After eating, we packed up the campsite and hiked a nearby Audubon nature trail before returning to the Bremen dock to jump in the ocean and have our usual PB&Js (we met up with returning cabins Mic-Mac and Osage!)

We left Bremen around 4 p.m. and drove all the way to J-Scoop for our last "grab" of the delicious ice cream, rocking out to our "Algonquin Hits" CD and giggling the whole way. We got back to camp just in time for G-Swim and dinner. Overall, Bremen gave us a chance to bond as a cabin and show our skills in the water and on the trail!

Mohawk "Creative"

HBC: Krystle Morrill

JC: Charlotte Perkins

JC: Sara Komorowski

June 26 - Snowgoose

We had a cloudy day when we started out to flag, but as soon as we drove to Bremen, the sun came out and the day turned hot. After packing peanut butter and jelly's (with some ham and taco shells?!) we left camp to travel to Kieve's landing on the OCEAN! A day on the lobster boat "Snowgoose III" was ahead and the Mohawk girls were ready!

We met Capt. Bill and First Mate Troy and headed out through Muscongus Bay on the Snowgoose's first trip for Wavus of the summer. The Mohawk girls were excited and proud to be able to set the standard for awesome Snowgoose trips, and boy did they ever! First, we started by hauling up some lobster traps, and finding lobsters, crabs, and some ugly trash. Everyone (who wanted to) got a chance to hold the lobsters as they were pulled into the boat and transferred to a holding tank. This was a great opportunity for the girls to overcome their fears, and a great photo op as well!

Next, we traveled to a mooring further out of the bay, where we stopped for lunch and some swimming! Since this was the first trip of the season, we set the record for the number of jumps off the roof of the boat: 23! (This was by our very own Crinny Woloson!) We all made it into the water, and with a little coaxing, off the roof-counselors too! Though our record was soon blown out of the water (literally: a Narragansett girl jumped 124 times!), we were very proud of our accomplishments.

Finally, we had some time before we needed to be back at the Bremen landing. So Captain Bill let us borrow his fishing poles, and boy, did we have luck with some of them! We spent a very enjoyable hour fishing and catching all sorts of things (including but not limited to fish, rope, and each other). Then, it was time to head back to the site of the Cora Cressey wreck, and to pile into the van for the ride home. Although we did not make it to the beloved Round Top or J-Scoop this trip, we had a blast. An awesome day was spent learning about Maine's ocean and the animals in it firsthand.

July 3 - Hog Island

Mohawk went to Hog Island for the day. We left camp at 9:00am taking van 4 to Bremen. When we arrived Ryan Pelletier, an Environmental Education Coordinator, was there to greet us and instruct us on what to do. All of us got kayaks, paddles, P.F.D.'s and began on our way to Hog Island. We did not go to the island directly, but to a detour to another part of the island and looked around the rocky shore. There we found some green crabs and lots of seaweed! After that, we all got into our kayaks and headed back to the main part of the island so we

could have lunch. When we got there, Ryan and Frances Robinson, the other Environmental Education Coordinator, reminded us to pull our kayaks all the way up because we got in at low tide and were going to leave at high tide. Then we looked around some of the buildings and Ryan showed us a chart of where we were exactly. Then we went into the Audubon building and learned about the different types of birds we would see flying around. We also learned about how important the ecosystem of the shoreline is and what kind of wild life there was during low tide. We took a short break for lunch and after that, Frances led us on a 3-mile nature walk around the island. When we were done with the walk the girls swam in the water for a little bit and then we kayaked back to Bremen.



Cheyenne “Carefree”

HBC: Alex Danz

JC: Kristina Garland

JC: Megan Chandler

June 28 – Mt. Blue State Park

We woke up this morning to rain which took everything down except our spirits. After a hearty breakfast at Wavus, we packed up and were out of camp by 10:00. By 12:30 we arrived at Mt. Blue State Park. After unloading the trailer and walking our equipment down to the campsite, we ate PB&J for lunch. We set up our tents with creative and homey touches including doormats, shoe holders and walkways! Soon after, we strolled down to the nature center and learned about tree rings, scat, frog noises and much more. We swam in the lake and Sophie gave swim lessons while Isabelle dashed for “lake crabs” (even though there are no such thing). We had Mexican styled chicken and veggies for dinner and S'MORES on a successful fire!

June 29

6 a.m. came way too fast this morning! Isabelle, Sophie and Molly set up their tent to strategically see the sunrise over our “private beach” but they were greeted by thick fog instead of the pink and orange sky they had planned for. Tents came down, breakfast consisted of granola and yogurt and the Cheyenne



cabin was once again on our way. By 9 a.m. we were on our way up Mt. Blue, a 1.6 mile steep trail to the summit. The huffing and puffing was broken up by songs and cheering from the girls and by 11:00 we peaked! We ate a quick lunch and were forced to start our descent after only ten minutes of rest due to a threatening cloud. The way down was extremely steep and at points we were on our butts, both planned and unplanned. By 1:00 we were at the base. We were sweaty, itchy and hungry, but more than anything, proud of our effort and achievement.

July 2 - Hog Island

Blue skies and blazing sun was the perfect weather for a perfect day on Hog Island. After breakfast, we headed into the van for Bremen and thirty minutes later we were suiting up our life jackets and getting paddles and kayaks ready for the cold Muscongus Bay. First we paddled to a ship wreck from 1928! Then it was onto Crow Island and finally Hog. We explored the intertidal zones and found starfish, snails, crabs and periwinkles. Later we went for a nature hike around the island and tasted some plants and even ate bugs! Buckley held the record for eating 72 Sand Fleas. After our hike, the tide was back in and the water level was high enough that we were able to jump off the dock into the bay! It was fun and cold. “The sand fleas have no chance at Hog Island, the sand fleas have no chance when they’re eaten by Cheyenne!”

July 7 – Damariscotta Lake

Ready for Damariscotta Lake, Cheyenne left our canoe dock at 9:45. We started off the trip with songs from Ghana and a little loon watching.

We made it through The Narrows by 12:30 and had lunch. We all jumped off a dock for a cool down and did a bit of swimming. We got into the Finnemore's, our campsite at 3:00 and were picked up by Sara-Taylor and Belinda McGehee on the motor boat to be taken to the rope swing. We had a blast! We had burgers and vegetables for dinner and cookies for dessert!

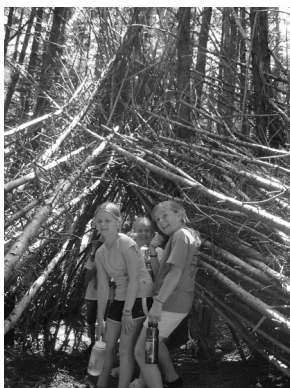
July 8

There must have been something in those cookies last night because the Cheyenne Cabin was amazing on the lake today. We woke up at 4:30 AM and left before 6:00. The army of mosquitoes made it tough for anyone to get out of their tents but we went at it and packed up our gear. The lake was glass and we made it to our next campsite (even a longer paddle than yesterday's) by 8:20. We all paddled

really well today. When we got into camp (the Damariscotta Lake Water Association) we set up our tents and took a nap. At 1:30 we paddled over to the much loved J Scoop for some ice cream and then over to the bridge for a little jumping and swimming in the canal. We headed back to camp and learned and "practiced" how to use a Wag Bag. We had mac and cheese for dinner and a bit of much deserved candy!

July 9

Putting our faith in calm morning lake water, we woke up once again at 4:30 and left by 6:00, but we were not greeted with the same glassy lake. The buoys were swaying, the lake was white capped and there were NO boats out on the water, except our 7 canoes. Realizing the water was too choppy to paddle, we reassessed and decided



to tie up our canoes to one another. There was a group of three canoes and another of four. After some brutal paddling, the group of four made it to the first island but the group of three caught a bit of wind. After a few hours, and Megan's canoe swimming, we were reunited. We had lunch and went out for round two, this time connecting all seven canoes. Paddling in winds ranging from 16 to 24 mile per hour we had a tough time to say the least. We filled the lake with convincing "Fee-Fi-Fo-Fum" chants and dug in deep. With everyone paddling at 110% it still was not enough. The counselors had to swim the boats for a while to keep them on track while the girls continued paddling. We made it so close to camp, but even on the shore it was extremely difficult. Thankfully, a Wavus neighbor

offered us a ride and towed in our cabin. Given the tough weather, we were extremely proud of ourselves!

July 13 - Snowgoose

The Muscongus Bay had a blanket of fog on it today as we headed over to Bremen for our day on the Snowgoose. We met Captain Bill and Troy the First Mate and Jebediah, the Snowgoose dog at the pier and boarded the Goose! We hauled in 5 lobsters - two of which were keepers. Later we jumped off the boat into the chilly water; it was cold enough for seals, which we saw playing on the rocks. We tried a bit of fishing but only caught 3 mackerel. When we left Bremen we drove to Round Pond over to the Granite Hall store for some candy! It was a great day.

Cayuga "Quiet"

HBC: Alice Arsenault

JC: Ruth Solow

JC: Emory O'Donnell

June 25 - Primer Trip - Georges Highland Path

Day 1

After a great breakfast at Wavus, the Cayuga girls piled into the van with all their camping gear to haul to the barn at the end of the driveway, our campsite for the night. We quickly set up one tent to protect all our things from the possible rain and headed out to Georges Highland Path. We had a great hike to the top, getting more and more excited as we climbed higher. The views from the top were spectacular, with the ocean in the distance and green mountains all around. At the top everyone enjoyed a great peanut butter and jelly sandwich barefoot and tired

from the hike. Once we got back down, we played some quick games of "Ninja Destruction" to celebrate the successful hike. Back at the campsite, the girls learned how to set up the remaining tents. After some time and frustration, all four tents were standing tall. Ever energetic, the girls soon choreographed dances to pass the time. Some Kieve boys stopped by to play baseball, and all the girls, including the counselors, found it very funny when their van got stuck in the mud and Scottie had to come pull them out. While Ruth and Emory cooked an amazing quesadilla dinner, Alice gave a lesson on the principles of "Leave No Trace". All the campers were aware of the importance of LNT and were very excited to show the counselors how much they knew. After everyone cleaned up dinner, the girls got a treat to reward their great hike that day- scrambled brownies!

Day 2

This morning we woke up at eight to start the second day of our primer. After eating some oatmeal and packing up our bags and tents, we headed out to Dodge Point. Here we did a great three-mile walk along the shore and through the woods. About two-thirds into our hike we came across a float in the bay with a long walkway attaching it to shore. We took a long break with our feet in the water and again enjoyed peanut butter and jelly on pitas. Soon we were back on the trail heading towards the van. A primer is never complete without an ice cream trip, so before returning to camp we stopped at Round Top to enjoy delicious cones. Once the girls had their fill of sugar for the day, we drove back to camp and joined Wavus for General Swim!

June 30 – July 4 - White Mountains Day 1

Today we finally left for our five-day trip to the White Mountains! After breakfast at Wavus, we packed the trailer quickly and headed out. It was a long drive, but was filled with music and GORP eating. Even with a small problem with directions, we made it to Dolly Copp Campground by around one in the afternoon. We checked in and dropped off the trailer at the campsite. Before setting up tents, we headed back out in the van to check in at the ranger station about the weather over the next few days. Seeing as it was still early and a beautiful afternoon, we decided to do a short hike. After only a half mile, the whole cabin climbed to the top of Square Ledge where we had an amazing view of what we would soon be conquering, Mt. Washington. The girls were nervous after seeing its height, but their nerves soon gave

way to excitement. After a long day we enjoyed chicken patties and scrambled brownies and headed to bed to rest for the first true day of our White Mountains trip.

Day 2

This morning we had oatmeal and granola to start our day. We quickly got our things together and drove towards the trailhead of North Kearsarge. This three mile hike to the summit took us just over two hours to complete. At the top was an amazing 360° view of the region. The girls explored the fire tower while the counselors made ham sandwiches for everyone. Soon after we finished lunch, the sky began to grow dark, so we decided it was best to start heading down towards the van. Two hours and many pictures later we were back in the van blaring music, excited from our accomplishment. Back at camp the counselors planned the next day while the campers were very entertained by the building of fairy houses. After cheesy pasta and vegetables for dinner we headed to bed early, needing lots of sleep to hike Mt. Washington in the morning!

Day 3

Today we woke up bright and early for our big day on Mt. Washington! The girls had bagels-to-go for breakfast. Everyone was fed and hiking by 6:30 AM. The first part of the morning was a nice easy hike, a slow climb along a wide, rocky trail. After two hours we came to the junction of Tuckerman's Ravine Trail and Lion Head Trail, where we turned right up Lion Head. Here was where the fun and work began. Quickly the trail turned into roots and ledges, making it necessary to involve both hands to get over obstacles. It was hard work and tiring, but as we caught glimpses through

openings in trees we knew we were getting higher. Finally, after just over an hour, we broke tree line. Everyone was so proud to look down and see the road we had been driving on just hours earlier, seeing how far we had come already. With only a mile to the top, we kept moving our feet. The winds picked up and some began to become nervous, but with a little encouragement from counselors and other campers, everyone kept going. The boulders increased in size until there was no longer a trail and instead we were following cairns towards the summit. The last mile took almost two hours to complete, but everyone was so excited to have the whole cabin summit as a group, so we all persevered! The top had views that were indescribable. It was as if you could see forever. After a long lunch break at the top inside the lodge, we headed back down the mountain, passing a much older group of campers from a different camp on our way. Everyone we passed was incredibly impressed with our girls' ability to summit the highest mountain in the North East! Finally we saw the Pinkham Notch Visitors Center, almost ten hours since the last time we were there. Everyone including the counselors was exhausted by the time we got back to our campsite, so we quickly ate pasta with pesto and cheese. To top off our great day, we had a fire with s'mores. Soon it was bed time and everyone drifted off to sleep.

Day 4

Still tired and sore from yesterday's hike, we woke up leisurely and prepared for a relaxing and fun day. The girls got their swimsuits on and packed into the van so we could head to the Emerald Pool. Everyone had been



waiting for this day since hearing about it at camp. The weather was warm, but as we stepped into the pool we realized how cold the water was. Even so, the girls began climbing to the top of the ledge, searching for the courage to jump in. Soon everyone was jumping and having fun in the frigid waters. After lunch we drove to Jackson Falls to play in the water and lie in the sun. The girls had so much fun sitting under waterfalls, completely surrounded by rushing water. Finally we made it back to the campsite. For dinner we had quesadillas and had a fire after to roast s'mores over. We took time to sit and talk about the trip, reflecting on all we had done during our adventure in the White Mountains.

Day 5

For the last day of our trip we had pancakes for breakfast! They were delicious, especially with S&Ms in the middle. We took down all the tents and packed our gear in the trailer by 10 AM. After a quick sweep of the campsites to check for trash, we piled into the van and headed back to camp! We stopped for our final lunch of the trip, then

drove the final leg back. At Wavus we were greeted by many campers and counselors and were so happy to tell everyone our stories!

July 11 - Hog Island

This morning we left Wavus for a day at Hog Island. We drove to Bremen, where we got into kayaks and paddled across the bay to the island. Here we met Frances Robinson, an Environmental Education Coordinator, who would be showing us around and teaching us for the day. We learned about some of the history of the island and the abundant wildlife that is still present today. Just before lunch the girls jumped off the porch railing into the salty water. We then retired inside for lunch as a small storm came through. The rain kept us inside for most of the afternoon, but we still were able to learn about the foliage on the island by making our own tree identification book. We also got to listen to Frances play the ukulele and learn some new songs. Everyone had a great day, but was happy to get back to Wavus and some warm, dry clothes.

Cherokee "Communicator"

HBC: Eliza Cress

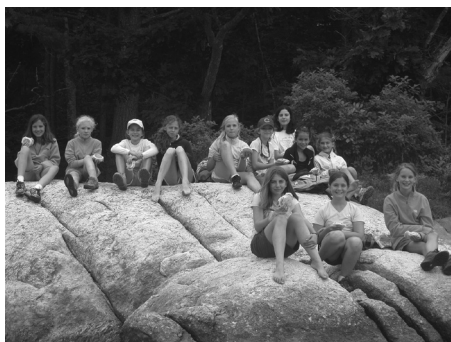
JC: Ainsley Farrell

JC: Sarah Trautman

June 30 - Primer Trip - Georges Highland Path

Today when we left the cabin for flag we would not return until one night later. After breakfast we got in the van and headed to Georges Highland Path. We summited Ragged Mountain at 11:15 am and snacked and hung out at the top to admire the view until noon. After our descent we decided to climb

Bald Mountain. We reached the top at around 1:30 pm and ate the remainder of our lunch. We stayed until 2:15 pm picking wild blueberries. We got back to the van and on the way home stopped and spent some time exploring a small dam. After a brief stop at the gas station we swung by Wavus and picked up the food we had packed for dinner. We then continued to the look out area in front of the Bunker Hill Baptist Church in Jefferson where we could see Kieve across the lake. We had pasta for dinner with red sauce, vegetables and pepperoni. Our counselors read us our



favorite Cupcake book and then we made a Wavus favorite - scrambled brownies. When we had cleaned up, we continued down the road to the public boat dock where we played on the dock for a while and even had rock throwing competitions. At 8:15 pm we headed back to Wavus to our camp site out across from the barn.

July 1

We got up this morning and had granola and oatmeal. After having breakfast we made our lunches and packed our sandwiches for the day. When we had bomb proofed our campsite, we got in the van and headed to Dodge Point. We got a little lost along the way even though it was not a far drive at all. We spent the entire day walking along beautiful wooded paths that wove their way along the ocean. We had great weather other than one small sun shower but we hardly got wet. We got to explore a dock, search for life in the seaweed and play in the sand. We even got some nutella and peanut butter as a surprise in addition to what we had packed for lunch. After our day in the woods on the way back to Wavus we stopped and got to jump off a bridge near Kieve.

July 6 - White Mountains

Day 1

We left camp shortly after packing the trailer and making our lunches of PBJ after breakfast at 9:30 am. We were in the car for about 3 hours and some of the views were really beautiful. We had lunch at 12:30 pm when we for to Dolly Copp and then set up our tents. After we got our backpacks ready and got in the car for our first hike of the trip. When we got to Square Ledge after a little bit of trail confusion we were on our way. The hike up was only about

.5 miles but it was really hot and really steep in the last part and we even saw some rock climbers. At the top we had a great view of Mount Washington and got really excited for our hike the next day. Before going back to camp we stopped at a river and discovered some natural water slides where we played and rinsed off before going back and had quesadillas for dinner and Oreos for dessert. We got to bed early because the next morning would be an early start.

Day 2

We woke up this morning at 5 am and got our daypacks ready as the counselors boiled water for oatmeal. We left camp at 5:45 am and were at the trailhead by 6 am. We were really quiet at first because we did not know what was in store for us and we were still half asleep. Two miles in we decided to take the Tuckerman's Ravine Trail instead of Lions Head. The next mile was the hardest mile of our day and it was only 8 am. The climb was really challenging because it was so steep. We rested a lot and drank lots of water during this stretch. On the way up we saw snow and even had to hike through some mountain water run-off. Most of the hike was up in a bowl, which made the views of the surrounding land very exposed and very beautiful. Once we finished the ravine we had about a mile left. At this point we were above tree line and we had a lot of bouldering to do. We finally reached the summit it 10:30 am. After a morning of very hard work, we had lunch immediately. After lunch we bought some candy and explored the summit. It was unlike any other summit because it is so built up with tourist things. There were many people there who had driven up or taken the train. After talking to

the Kieve boys who reached the top an hour and a half after us we started back down the mountain at noon. We thought the hike down would be much easier but as it turns out boulders are as tough to go down, as they are to climb up. We chose to come down the Lion Heads Trail instead of the Tuckerman's Ravine. It was fun to see a different view of our surroundings on the way down. We did not have to stop as much on the way down but our legs were really tired. We reached the bottom at 4 pm and none of us had ever been more relieved. We got in the van and went straight to the river where we had been the day before to swim. The water was so refreshing and it was a relief to get clean. When we got back to camp we had mac and cheese with vegetables for dinner and then for dessert, we ate all the candy that our parents had sent us. We fell asleep early that night.

Day 3

We got to sleep in this morning until 7:30 am. After getting out of our tent we had oatmeal again and the made lunch for the day. We got in the van at around 9:30 am and drove over an hour to Emerald Pools. It was a really short hike in and we jumped off a rock ledge into the water for a long time. We played categories and started lunch when the Kieve boys came. We also got to meet another girl's camp and boy's camp from Lake Winnepesaukee. We spent the day swimming, reading, talking with other kids, and even painting with the watercolor supplies that Jill gave to us for our trip. We hiked out at 4:30 pm and returned to camp, hung out and played cards while our counselors made stir-fry for dinner. When we had cleaned up dinner we went and had s'mores with the Kieve boys that we met at the top of Mount

Washington and swam with earlier that day. Around the campfire we taught them Nana's song. After we went back to our campsite and got ready for bed because we would be hiking again the next day.

Day 4

This morning we got up at 6 am and had breakfast and made lunch. We then got in the van to go to Mount Kearsage. We got to the trailhead at 7:45 am and started hiking right away. We took the only trail up and wandered through a pine forest before some gradual uphill on a narrower path. The cloud cover kept us cool despite the humidity. After many water and snack breaks during which we picked lots of wild blueberries we summited Mount Kearsage at 10:15 am. The top was a wide expanse of granite with beautiful 360-degree views. The oldest remaining fire tower in the White Mountains (built in 1951) provided an even wider vista of our surroundings. We played at the top after having lunch quite literally when we directed several scenes of our very own play. When we decided to hike back down, our counselors gave us the opportunity to try a "solo" hike down the mountain. We headed down with them trailing us out of sight and sound and got to monitor our own pace and break. When we made it back to the van they were soon behind us and we piled in and returned to our favorite swimming spot at the river. For dinner we had potatoes with meat and vegetables and delicious Oreos for dessert. Then we performed our play that we had been working on at the top of the mountain that day. We even played with a little face paint and then headed to bed.



Day 5

This morning we woke up to our first day of rain. Thankfully we did not have to hike. We hung out in our tents waiting for the rain to lessen but it never did. Eventually we had to take down our tents and pack up our trailer. We then filled our bowls with granola for breakfast and made PB&J for lunch on the ride back to Wavus. We got on the road at nine and after a lot of confusion with directions and bathrooms stops we made it to J Scoop, the most important destination. We enjoyed ice cream and then traveled our final miles to camp. Upon our arrival we had to unpack the trailer and van as well as make sure that they were good and clean. After that was all done we went back to our cabin and unpacked our own stuff, showered and then got to open the mounds of mail that was waiting for us. It was great to be back in the comfort of our cabin but we are excited for all the trips to come.



Narragansett "Safe Point"

HBC: Hildy Schott

JC: Devan Carter

JC: Bella Tubbs



June 27 - Primer Trip

Bigelow Mountains

Day 1

June 27th began with walk in breakfast, wild doughnuts, and presents for Hildy's birthday, hand-made from the Owl's Nest. After breakfast we packed lunches and headed out to the Bigelow Mountains. We arrived at our lake-side campsite and learned how to set up tents, how to set up a Whisperlite stove, and how to play charades. For dinner we had delicious cheese quesadillas and birthday S'mores for dessert. They were good on the campfire! We even had surprise fireworks since the campsite next to us set some off at twilight.

Day 2

We got up early and ate cheerios and oatmeal for breakfast in preparation for our big climb up Avery Peak. The four hour ascent was quite difficult in the rain, but we finally got there! The top was covered in fog, so even though we didn't get a view of the surrounding lake, we felt as though we were in a heavenly cloud. The climb down was just as long, but we dreamt of sushi on the way and told stories about purple violets to keep ourselves occupied. A nice Kieve surprise awaited us back at our campsite — Bank I had set up camp at the adjacent site. We spent the rest of the afternoon spying on the boys in the lake who played hard to get, which proved quite effective seeing as how Emma made such "good" friends with Paul. Dinner was cheesy pasta and Oreos for dessert. Tess looooved the Oreos.

Day 3

Today we left and drove to Sugarloaf Mountain where we asked for a map and climbed up Burnt Mountain Trail which went along a very pretty stream where we waded for a few minutes. We turned around after an hour to get back to get to the van by lunchtime. For lunch we ate PB&J pitas at the van and headed back to Wavus via J-Scoop. Yummy!

July 1 - Snowgoose

The day started out a little cloudy but once we got to Bremen, the sun came out! We met Captain Bill, Zelda The Dog, and then boarded the "Goose." The Snowgoose took us around Hog Island, past Crow Island, and to a secret cove. On the way we saw three porpoises and tons of seals that were chasing some fish. They gave us an amazing wildlife show for 15 whole minutes and we took tons of pictures. Captain Bill told us that it was the best porpoise show he had ever seen in all of the years he's worked on the Snowgoose. At the cove we ate lunch and began to jump off the top of the 'Goose into the water. The icy thrill of the water made us laugh for hours and Abby even broke the record for most individual jumps! We challenged the cabin to break the cabin record for most jumps (354), and we got pretty far, but gave up halfway through. That was all right though because Captain Bill gave us some Snickers bars.

We saw some more wild animals, including a bald eagle, a few fish, an osprey, a monkfish, and a few lobsters! The day ended with a little rain, but we still had a blast hanging out on the 'Goose.



July 6 - Hog Island

Our day at Hog Island was perfect. We arrived at Bremen and met the Junior Kieve boys who had spent the night at Bremen the night before. Around 10am we met Frances Robinson, an Environmental Education Coordinator, who took us out on a kayaking tour of the harbor. We saw the old broken down boat (scary! Pirate ghosts!) and visited Crow Island. Then we paddled to a harbor on the other side of Hog Island. We talked to the boys a little and jumped in the freezing cold water. Kieve, on the other hand, refused to get wet, the sissies! After paddling back to the other side of the island, we ate lunch and played mafia with the JKs. Fun! The Love Doctor (Abby) gave some helpful love advice to the Kieve counselors—namely that they needed to shave. For the afternoon we hiked around the island and ate a few sand fleas on the beach. Yum! We also had a contest to see who could find the biggest hermit crab, and Hildy held them all! After we hiked back, everyone jumped off the dock into the water and said goodbye to the JKs. We blew kisses to them as they left in the Snowgoose, and Bella said goodbye to her love, Ricky. What a good day!

July 10 - Muscongus Bay

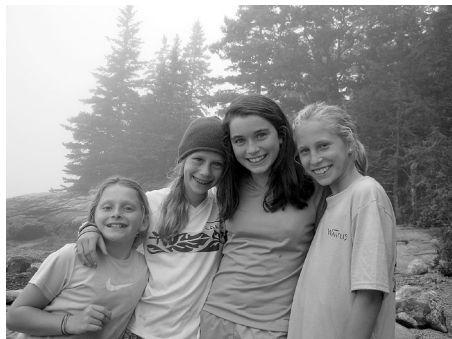
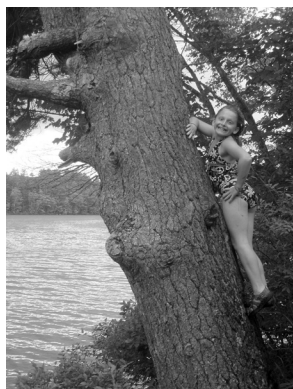
Day 1

We paddled from Wavus to a campsite at the Finnemore's. The paddle was tough until we finally figured out that if you paddle together, your kayak goes much faster. When we got there, we discovered that there was lots of animal poop, and figured out how to use wag-bags. For lunch we dined on turkey and cheese sandwiches. Everyone ate their crusts, so we had no trash! Unfortunately, it started to

rain as we set up our tents, and one tent had the wrong kind of poles in it, so it looked very sad and saggy in the rain. The rain stopped and we figured out that our campsite was across from Kieve, so we plotted midnight paddles to visit the boys, specifically Bank I. That afternoon, we also played lots of fun games and explored the camp grounds. Off the coast of our site we played in Damariscotta Lake along the small beach. Dinnertime came, but our Coleman stove broke, so we ate uncooked English muffins pizzas with cheese, pepperoni, peppers, and tomato. It was good. To end the night we had S'mores which was a treat for all of us. After lots of laughing and watching a beautiful rainbow and sunset, we went to bed.

Day 2

To start out the day we began our long paddle to meet Amanda at the bottom of Damariscotta Lake. As we approached the rope swing island, Amanda and Belinda flagged us down from the side of the lake and told us that they could pick us up later at the public boat access site which happened to be right across from the rope swing! We swung on the rope swing for as many hours as we could until the rain came. When it started to rain hard we put up the tarp as best we could, using paddles to help. We picked blueberries but then got scared that it was Deadly Nightshade, so we stopped and everyone stood under the tarp in a penguin circle to keep warm. Finally, we paddled back through the rain. We were almost positive that Amanda forgot us, but finally she showed up. When she arrived we were playing emotion games—who can make the best angry face? We were happy to get into the van. Emma, Honor, Dede,



and Abby sang and danced to their favorite song: Baby, by Justin Bieber! We arrived at Bremen and unpacked. We hung everything out to dry and chilled out until dinner time. For dinner we had burritos. So good! Amanda joined us and we all stood 3 inches away from her and talked at the same time to tell her stories. Finally we went to bed and Rachael dreamed about her grandma.

Day 3

We woke up to an announcement from the counselors stating that we didn't have any more food. So instead, we dined on Devan's M&M pancakes. Shortly after breakfast we packed up our belongings and the kayaks and headed to Crow Island. When we arrived, other people had already set up camp there, so we had to pack up our stuff again and head to Hog Island! When we arrived we were all excited to see (1) Kieve boys and (2) a bathroom. But as we all know, bathrooms trump boys—anyone on a camping trip knows that. We had tons of fun, especially since it was hot and sunny, and we went swimming. Our cabin suffered one loss that night, as Charlotte had a stomach bug and had to be evacuated from the trip. For dinner we had the best meal of the entire trip which was pesto pasta with chicken and cheese - SO good!!! While we waited for the water to boil (it took a long time!) we wrote skits and played ichi-mini-hoi, a hilarious game that Hildy taught us.

Day 4

We were awakened by breakfast burritos filled with peanut butter, cream cheese, hot apples in brown sugar, and bananas. Delicious! Sadly, we also awoke to Allie's pinkeye and Camille with the same stomach bug as Charlotte. They were Evac-ed by

10 am, diminishing our group count from 15 to 12. We had to wait for the fog to lift, so we amused ourselves by playing "camouflage." When the fog finally lifted, we had to pack up our kayaks and we headed back to Crow Island. We were disappointed to find no Kieve boys or bathrooms. We did find that Crow Island was the best place to scream, laugh, and go wacko! (We had no neighbors) We also found out that taking walks around the island was perfect for Abby's "diet." After about 100 island walks, the counselors finally announced that dinner was ready! It was pasta with cream cheese and toasted cashew nuts. Abby really liked the nuts and was subsequently banished to the naughty log for 11 minutes. For dessert we had scrambled brownies. We were allowed to scrape the pan which we attacked like savages. When we got into our tents, we were all so tired we fell asleep before the counselors.

Day 5

We woke up to pouring rain at 8:40am. It was nice to sleep in for a change since it was our last day. We had oatmeal for breakfast and thankfully the rain stopped!! We were getting picked up at Bremen, so we had some time to spare. Some girls went around the island and others were in their tents going crazy! Then we had PB&J for lunch. Yum! We packed down the tents in a race to see which kayak had to carry the wag bags (eww!) and the blonde team won. We headed on a short paddle between Hog Island and the shoreline. We saw two different types of birds (that smelled very bad!). We paddled to Bremen, unpacked, and got into the vans. Then we got J-Scoop!! What an awesome way to end an awesome trip!

Abenaki "Dawnland People"

HBC: Caitlin Boroden

JC: Roni Misloski

JC: Gabby Freeman



June 30 – Primer Trip

Bigelow Mountains

Day 1

Today, we drove four hours to go camping at Bigelow Mountain. We left right after breakfast for the long drive. When we got there the counselors went looking for an awesome camp site. They finally found a peninsula where we could go swimming. We brought all of our bags to the camp site and started setting up our tents. After we finished unpacking we had our rest hour until dinner. For dinner we had burritos. Then, we went to bed in preparation of our early hike.

Day 2

On the day of Bigelow we woke early and had breakfast. We packed our bags for the long hike and began our journey up. Finally, after some tough hiking we reached the summit and had lunch. After lunch we started to descend the mountain. When we got back to our campsite we got in our tents and had rest time. Then, we had dinner and s'mores for dessert. Finally, after the long day we went to bed.

Day 3

We woke up still sore from Bigelow



but prepared for a big day. Today, we climbed Sugarloaf! We drove to the mountain and started our hike. It was a tough hike up a diamond slope but the feeling of reaching the top was rewarding. After our hike we drove back to Wavus to have some more fun!

July 6 – Baxter State Park:

Day 1

Today we left for our six day trip to Baxter State Park. We woke up at Wavus, had a good breakfast, and packed up the van. Soon, we were on our way! For lunch, we stopped at a nice little rest area to eat our turkey and cheese sandwiches. Then we got back in the van and after a couple more hours we finally reached our destination. At Baxter we set up our tents and unpacked.

Then, we left to go swimming. As we made our way to the water we discovered that one of our camper's brothers was camping there as well. It was nice for her to see a familiar face! After swimming in the stream we returned to the campsite for dinner. Lastly, we headed to our beds for an early night because tomorrow we were hiking Katahdin!

Day 2

It was June 7th, and our second day in Baxter State Park and we were ready to climb Katahdin. At 4:30 in the morning and we all trudged sleepily to the van to drive to the base of the Hunt Trail! We started our hike a little sleepy but we helped each other through it. After a few hours of hiking we rose above the tree line and began bouldering! At this point we all had to help each other a lot. It was really important to spot the person in front of you. Our teamwork really came in handy. After bouldering

we reached the flat alpine area and continued on our way. After a couple false summits we saw the American flag in the distance and we knew we were close.

We then excitingly hurried up the last leg of the hike to the summit. At the top we celebrated our accomplishment and ate a delicious lunch of peanut butter and jelly.

After lunch we began the descent down. Many hours later we were back at the campsite. There we had a refreshing swim, a dinner of pesto pasta, and went to our tents to have a good night's rest.

Day 3

It was the third day at Baxter State Park and we got to sleep in after a tough previous day. We were going to the natural water slides to swim. When we got there, all of us ran to the water and started slipping and sliding.

We quickly realized how much this day was going to be. We ended up swimming for five hours! When we got back we had hamburgers for dinner and had hot chocolate as a nice surprise treat!

Day 4

Today, we climbed O-J-I and it was a blast. We started off our day with a yummy breakfast of Honey Bunches of Oats cereal. After breakfast we made sure that all of our water bottles were full and that our daypacks were ready. Once everyone was sure that they had everything we headed off to the trail. At the beginning it started off looking like it would be easy; we hiked about one mile on just flat land. After that initial mile though, the terrain started to get more difficult. It became really steep. After that section, we reached the boulders. The boulders were really difficult but they were also really fun!

The boulders were also really cool because you got to push and challenge yourself to the next level, and you would find out our individual and group strengths. After the boulders we had more of a traditional hike with a good mix of flat land and steep slopes. Finally, we reached the summit but continued on a half mile to O-J-I Rock where we ate lunch. After enjoying the beautiful views we headed down. Overall, O-J-I was an amazing hike that we will never forget.

Day 5

When we woke up today it was raining and everyone was hungry. We stayed in our tents until the rain died down and then made our way out to eat a delicious breakfast and get ready for the day. Today, we were going to Little and Big Niagara Falls. We started our hike to the falls and were pleasantly surprised to meet the Iroquois girls on their way to Katahdin Stream Falls. They were going to hike Katahdin just like us! We ended up talking for over an hour sharing stories back and forth. After saying goodbye we continued on our way. At the falls we ate lunch and relaxed for a few hours.

After, we headed back to the van and were pleasantly surprised to find that the Iroquois girls left us a sweet message wishing us luck on the rest of the trip. Back at camp we ate dinner and enjoyed our last night at Baxter.

Day 6

Today was our last day at Baxter State Park. We woke up and the first thing we did was pack up camp.

Then, we got in the van and drove to Kidney Pond where we enjoyed a nice breakfast of cereal while enjoying the beautiful views. After breakfast we went on a short hike to look for moose that the ranger had recommended the



day before. Unfortunately, we did not see any. Next, we hopped into the van for the long drive home. When we got back to Wavus it was raining so we all quickly unpacked and went back to the cabin where our mail from friends and family was waiting. Overall, it felt great to be back!

July 14 - Hog Island

We woke up this morning excited for Hog Island. We went to flag and then breakfast as usual. After breakfast we made our lunches of turkey and cheese sandwiches. Sadly, before we left we had to say goodbye to one of our cabin-mates Ramsay who needed to leave early for family reasons. After many farewells, we loaded up into the van and took off. The drive over was short and quiet since we were all still a little tired; but, Charlotte kept us entertained with her singing and acting skills. Once we arrived at the dock we met up with a Kieve cabin that had been hiking and

deep-sea kayaking for 21 days!

Next, we got on life jacketed and helped each other get our kayaks in the water for a three mile kayak around the island through the cool and calm water. Our guide, Ryan Pelletier, an Environmental Education Coordinator, told us how the Abenaki Tribe used to collect mussels and clams hundreds of years ago in the same bay we were kayaking in. Also, he explained, that when the Europeans came over to America they farmed pigs which gave the island its name. Once we got ashore we ate our lunches and learned some more about the surrounding wildlife. Next, we went for a really long nature walk across the island and stopped at the beach for a short break. After our walk we relaxed for a bit. Some girls played cards and some others were brave enough to jump in the water.

Lastly, we paddled back to the mainland and headed back to Wavus. Overall, it was a great day!

Shawnee “Southerners/ Warm Heart”

HBC: Colleen Donovan

JC: Amy Davis

JC: Anna Chase



June 25 - Primer Trip Bigelow Mountains Day 1

We got up at 7:00 am to get our quick-dry clothes and hiking boots on and brought our bags down to the van. We participated in flag and filled our bellies with oatmeal, fresh fruit, and granola for breakfast at Wavus. After breakfast we loaded our gear, wannigans full of food, tents, water jugs, and backpacks into the van and trailer. The girls packed their lunches and filled their water bottles and we departed Wavus at about 9:00 am. After driving for about 2 hours we took a bathroom and lunch break. The girls had prepared turkey sandwiches and one of the girls mother's had sent along a sweet treat, brownies! After eating we settled back in the van and finished the ride arriving at a campsite off of Flagstaff Lake around 1:30 pm. We all unloaded our gear and brought it to the site where we then surveyed the area for the most durable surface to set up the tents. The girls set up their own tents and ventured around the area. Flagstaff Lake was beautiful and we hung out playing games and dipping our toes in the water, for the wind made it a bit too chilly to swim. Once 4:00 pm rolled around, we headed back to the campsite and taught the girls about the ways to Leave No Trace, LNT for short, when camping. LNT is a very important concept we teach at Wavus giving the girls a responsibility to pack out whatever we packed to go on our trip. At 5:30 pm we started to

prepare dinner. Chicken tacos were on the menu and many helped cut up peppers, avocado, and cheese. The girls unanimously decided that dinner was absolutely delicious and they wanted it on their Baxter trip as well. Following dinner we cleaned our dishes and trash and prepared for roasting marshmallows and played charades. The girls soon tired and we got ready for bed, preparing for an early morning full of hiking and fun!

Day 2

We had an earlier start and woke everyone up at 6:30 am. It took us a little while to wake up and get out of our tents but when the girls heard “breakfast!” they quickly ran out with their bowls in hand. We had hot oatmeal and granola to help sustain our full day of hiking the Bigelows. After breakfast we cleaned our dishes, brushed our teeth, and tied up our hiking boots. We passed out prepared peanut butter and jelly sandwiches and a snack pack filled with granola bars and GORP. We headed out of the campsite and started on the trail headed toward Avery Peak of the Bigelow Mountains at about 8:30 am. The trail started out fairly flat and easy for the first 2 miles. When the trail joined with the Appalachian Trail, it took more of an ascending slant and was much more challenging. The girls did great. They stuck with it and when we started to get to the end of the tree line the views became beautifully vivid. We got to see views of Flagstaff Lake and surrounding mountains. When we reached the top it started to rain but it was a great feeling to have summited and the girls saw their hard work pay off. We quickly stopped for a break to put on rain gear and then headed down the trail a bit to get to some tree coverage for shelter from

the rain. There we rewarded the girls with a sweet treat for their hard work. After a short lunch break, we headed back down the trail at about 1:00 pm. The hike down seemed much easier and we arrived at the bottom at about 3:30-4:00 pm. We relaxed by the lake for a bit and cooled down from our hot and sweaty hike. Around 5:30 we started to boil water for pasta. The girls were hungry from their hard work and engulfed every last piece of pasta we brought. Following dinner we were entertained by a singing and dancing act performed by two campers. We roasted marshmallows and had many laughs before we grew tired and headed to bed.

Day 3

We got an early start for our last day camping, we woke everyone up at 5:00 am to make sure we had enough time to pack and get on trail by 7:30. The itinerary for the day was to drive over to Sugarloaf Mountain and summit then arrive back at Wavus around 3 or 4. For breakfast we cooked up pancakes which were a nice treat for the last day. The girls cleaned their sticky bowls and packed up their belongings. We took down and packed up the tents and loaded the rest of the gear into the van and trailer. The drive over to Sugarloaf only took about 20 minutes and we were there to start hiking around 7:30 – 8:00 am. We chose the chairlift path up the mountain, although it was one of the steepest it allowed us just enough time to get to the peak and enjoy a view. We took a break at the top and took in the views from all directions. We could see Bigelow as well! On our way down the mountain we took a round about trail which was a little easier and quicker to maneuver. When we returned to the van at the bottom of the mountain,

the girls got a fresh pair of clothes to change into and we made bagel peanut butter and jelly sandwiches. We packed the girls into the van and headed back to Wavus. Once back, we unloaded our gear, cleaned the van, and showered and then awaited a big welcome home meal at Wavus!

July 10 - Hog Island

We woke up at our usual camp time, 7:00 am, excited for our day at Hog Island. The girls got ready and packed a daypack with a bathing suit, towel, rain jacket, water bottle, and warm layers. Although it was a little overcast the girls were still excited about our adventure outside of camp. We raised the flag with the rest of camp and had a hearty and filling breakfast at Wavus. We then made and packed up a peanut butter and jelly sandwiches on pita bread, the girls' favorite, for lunch on Hog Island. The girls loaded the van and we drove a half hour to Bremen where we took kayaks over to Hog Island. We kayaked for a short distance and when we arrived, pulled our boats on shore and looked around the island. The wild life and plant life looked mostly untouched except for the few buildings there. We walked over to the dock where we looked at the distance we had just kayaked feeling a sense of accomplishment. The sun had just begun to peek out and led us to believe that it might clear up. Frances Robinson, an Environmental Education Coordinator on Hog Island, was our tour guide. She brought us to some buildings on the island where there were maps, diagrams, and animal models about all the inhabitants of the island. The girls were intrigued by all the information. Afterwards a few of the girls jumped off the dock and



went swimming in the ocean. As the day went on, we relaxed in the sun and played some card games. Frances also taught the girls how to distinguish which leaves come from which tree. At noon we ate lunch and followed that by another swim in the ocean, more girls participating in jumping off the dock this time. Once we dried off we went for a hike around the island where we saw marshes and various beaches. We spent some time at one of the beaches skipping rocks and finding crabs. The weather had unexpectedly shifted and it started to rain. We decided to walk back and got some cover from the rain by the trees. We returned to the dock area and packed up. We kayaked back to the mainland and got into the van after a relaxing and educational day on Hog Island.

June 30 - Baxter State Park

Day 1

We woke up at 7:00am to attend to the final details of packing, then met the rest of camp at flag and ate a hearty breakfast. Once our table was clean and all of our dishes had been returned, each of us made a turkey and cheese sandwich for the ride. We went through one last gear check, then loaded up the van and trailer and hit the road! We passed the drive away by listening to mix CDs of each girl's favorite songs. We made good time, and stopped for lunch just before entering Millinocket. By mid-afternoon, we reached our campsite at Foster Field, and were thrilled by how spacious it was, and more importantly by how clean the brand new outhouses were! The girls set up their tents with the expertise they gained on our primer trip, and we sat down to briefly review the seven principles of LNT, which we had also

discussed in detail on our primer trip. For dinner, we cooked chicken and cheese burritos with all of the fixings – the girls helped out by cutting up red peppers and fresh avocado! When we were all full and our dishes clean, all of the girls gathered around and quieted down for a serious activity. Each girl was given a piece of paper with her name across the top, and we then sat in a circle to pass the sheets around for each girl to write a compliment under every other girl's name. Having gotten to know each other in camp and at Bigelow, no one had any trouble coming up with something true and meaningful to say. We went to bed early with our heart full and confidence high for Katahdin the next day!

Day 2

On our second day out of camp, we woke up very early at 4:30am! We had a filling and energizing breakfast of oatmeal and granola, and packed our packs for a day on Katahdin. We were on the Hunt Trail by 6:00am. It was a brisk morning (just 60°F at the base), but the sun was rising clear and bright, and we were all very focused on our goal as the hike began. Before 10:00am, we had left the tree line behind, and gained more than half of our elevation. We came upon steep boulder fields and high winds, but we pushed on and encouraged each other despite fears. When we finally scrambled over our last boulder, the Katahdin Table Lands spread out before us. This section proved to be a quick, flat hike, and we had the opportunity to observe breathtaking views and the unique wildlife in the arid zone. We also met a friendly ranger here, who congratulated us on being so well prepared for the hike, and observing LNT so carefully on trail – each camper

received a button to display with pride! The winds and weather were moving quickly, and as we were about to begin the last steep section before reaching the summit, we were engulfed in a thick cloud of rain and hail. We were all glad to be wearing our warmest layers! The skies cleared in a matter of minutes, and we got moving again. By 12:30pm, we reached the highest point in the state! Here we lunched on hearty PB&J, apples, and trail mix, and had the opportunity to congratulate a few through-hikers who had just completed the entire Appalachian Trail. We were all tired, but our pride and the view made it more than worth it! Around 1:00pm, we started back down the Hunt Trail. After cruising over the Table Lands, we took it slowly and carefully down the boulders. It was 4:00pm by the time we crossed back under the tree line, where we took a quick break to keep ourselves sharp. We still had a long way to go, but we kept our spirits up all the way to bottom with songs and lively conversations. We reached Katahdin Stream Campground and our van just before 7:00pm. Back at the campsite we had hot dogs for dinner, and fell into our sleeping bags right away!

Day 3

After a long day on Katahdin, we took a later start and made pancakes with butter and maple syrup for breakfast. Around 10:00am, we headed out for a relaxing hike to Little Niagara Falls and Big Niagara Falls, where we ate lunch. In the afternoon, we took the van up to Ledge Falls, a set of natural waterslides. The girls had a blast! The cool water, warm sun, and smooth rocks were the perfect cure for sore feet and tired muscles. When we returned to camp in the evening, we made macaroni

and cheese for dinner, and roasted s'mores over a fire somewhat reduced by wet firewood. Afterwards we were treated to a lively musical, comical, and theatrical performance put on by a few of the girls. We read a couple chapters of our Nancy Drew mystery before we all went to bed laughing.

Day 4

Today we took another later start, and made toast with strawberry jam for breakfast. We began our climb up Sentinel Mountain, and though part of the group was forced to turn around to attend to a sore knee, most of the group made it to the top to eat lunch and observe the view. With our injury and the heat of the day in mind, we decided another trip to Ledge Falls was in order. The girls were thrilled to swim and relax with one another. We returned to the campsite to play some teambuilding games such as Ye Haw! Meet A Tree, Park Bench, and Blind Eagle before dinner. Tonight we tried a variation on two old favorites – "Pizza Sandwiches" with tomato soup. Huge success! We capped off the evening with another round of s'mores and two more chapters of the adventures of Nancy Drew.

Day 5 – July 4th

Happy Birthday, U.S.A.! This morning we began the day with a sweet, filling breakfast of oatmeal and granola. With our injury in mind, we decided on an easier hike for today. We took a short van ride down the road to the Grassy Pond Loop Trail, which also afforded us a view of Elbow Pond. We had fun observing deep woods, marsh, and stream ecosystems, while singing our favorite camp songs and teetering across rustic log bridges. We finished our hike in high spirits, and just in time for lunch. This proved to

be an exceptionally hot Independence Day, so in the afternoon we returned to Ledge Falls for a refreshing dip. That evening, after spaghetti and tomato sauce, and in honor of the holiday, we made one of the girls' favorite treats – scrambled brownies! They were warm, moist, chocolaty, and enjoyed by all! Before bed, we all participated in an activity to close out the trip; we stood in a circle and tossed a ball of red yarn back and forth to one another, every time sharing one of our favorite memories from the trip, to create a web of cherished memories between us all. Each of us now has a piece of that yarn tied around her wrist as a reminder of our shared experience.

Day 6

On the last day of our trip, the counselors had a special surprise for the campers – a dawn swim! At 4:00am, the girls awoke to their counselors yelling their names and shaking their tents. We all scrambled into our bathing suits, piled into the

van, and headed for Ledge Falls! When we arrived the sun was just peering over Katahdin, and we all sat around with bowls of granola to watch the spectacle. When the clouds above us were a gentle pink, and the peaks behind us were bathed in sunlight, we took turns jumping into the frigid, but oh-so-refreshing falls! We returned to the campsite to pack up the tents, make sandwiches, and load the trailer. The drive home was just as smooth as the journey up. We stopped for lunch in Waterville, and then continued on toward camp via our favorite treat of all – ice cream at J Scoop! One of the most anticipated aspects of any trip; we luxuriated over our delicious ice cream, and then returned home to Wavus! We unpacked the trailer, cleaned the van and our gear, then hurried back to the cabin to take long-awaited showers and unpack personal gear. The girls were very efficient in all of their tasks, and we were able to join the rest of camp for General Swim before dinner!

Omaha "Graceful"

HBC: Marian Buzon

HBC: Mae Ciampa

JC: Molly Barrows

June 24 - Primer Trip - Damariscotta Lake

Our cabin started out feeling like this one-night trip was going to be a walk in the woods. It was just that- and more! The canoe ride to our campsite across the lake was interesting. We tested out muscles that hiking do not require. The lake water was cool and refreshing as we paddled our way across the small waves. We pulled our canoes up onto a small rocky beach while the counselors read their directions again.

Unfortunately this place was not our campsite. Our real destination turned out to be down a still river, under a bridge and on the edge of a small swampy lake. Our tents were setup in a small campground that had been taken over by the forest. There was room for four tents and a place to rock on our crazy creeks. Once we had setup camp we canoed back down the stream to J Scoop. Everyone enjoyed their ice-cream. We walked down the road a bit to a bridge that local kids were jumping off of into the water. We held hands and jumped off while Molly took pictures of us. Jumping off the bridge was exhilarating. Girl after girl went sailing off into the water; some dared

to fling themselves off the railing.

Back at our campsite we huddled in our tents while the thunder boomed overhead, coming out when the sun came out again. After a dinner of veggie burgers and carrots, we brushed our teeth, played some games in a nearby field and eventually went to sleep to the sounds of frogs and birds.

The next day we woke up and ate oatmeal before setting out in our canoes again. We were glad to get back to Wavus, but it had been a good experience. Many of us were wondering what our trip would be like. As we dutifully paddled back, the St. Croix seemed closer and more exciting than ever.

- Banks Dotson

June 29 - St Croix River

Day 1

We woke up at Wavus at 5:00 am to a chilly morning and started our journey to Lake Spednic. This would be our drop off spot and three day paddle to enter the St. Croix river. After a six mile and three hour paddle complete with a direction scare and our cabin begging to pee in Canada, we finally made it to Birch Island. Excited to be at our campsite, we quickly set up tents. We hung out on a big rock with a beautiful view until it started to pour. We ran into our tents and hung out until the rain stopped for about two hours. We had a dinner of burgers and buns, which were soggy from the rain. We went to bed early and happy, excited for the next day.

- Sophie Jensen (birthday girl!)

Day 2

We woke up at 7:00 am to a beautiful morning on Lake Spednic. The entire cabin was looking forward to our first full day of our trip. We had a hearty breakfast of yogurt and granola. Our

canoeing was faster than expected and we got to our campsite, the Narrows, by 12:00 noon.

We had only paddled for about three hours after taking a while to pack up our gear. When we arrived at the campsite we got everything set up and we all did different things. Molly went for a swim while most of the campers decided to learn a bit about dragonflies. After a lovely lunch of nutella, peanut butter and honey we all took naps and read our books. Later we had taco/rice salad. For dessert we had candy sent from our parents. We all went to bed early (around 8:30 pm) so we would have strength to wake up early for day three.

- Kate Feeley

Day 3

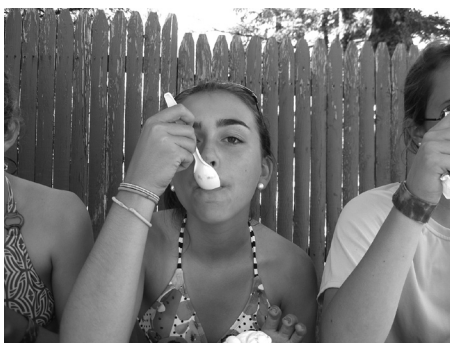
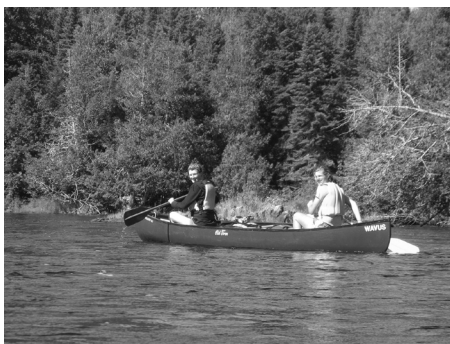
We woke up very early (4:00 am) to get a head start on day three.

Although we woke up at 4:00, it took a little while to pack up and eat breakfast, so we ended up starting to paddle at 5:00 am. There was a magnificent sunrise that we watched as we headed towards the put-in for the river itself. When we got there we expected a portage but did not have to because a friendly man transported our canoes in his truck for us. After much anticipation we began to paddle down the St. Croix River! Although one canoe did tip while others had technical difficulties we all made it down the rapids to our campsite in one piece. After lunch and naps we all hung out around a blazing and beautifully-built fire where we ate dinner and had s'mores for dessert.

- Chase Leisenring

Day 4

Today we slowly woke up around 7:30 am. For breakfast we had Honey Bunches of Oats, which tasted so good. Later, around 9:00 am, we headed out



for our twelve-mile canoe day. After Lexee and Olivia set the record for running into the most rocks, we all made it to camp safely. For lunch we had PB&J sandwiches and then started setting up tents and calming down. We then all enjoyed the rest of the sunny day.

For dinner we had pancakes, which turned into scrambled pancakes. As the counselors cooked dinner a few kids went down to the river where Annelise got a leech on her ankle, but we quickly got it off. Then, we went to bed.

- Olivia McCahan

Day 5

Today we woke up at 7:00 am to the sound of chipmunks chattering right outside our tents. We then packed the tents and personal river duffels before breakfast. Next, the campers ate a range of cinnamon and spice to maple and brown sugar oatmeal while the counselors ate leftover cold pancakes. After we loaded everything in the canoes, we set off for our day's trip. First we canoed down little Class I rapids and came to the big Class III rapid, which we scouted out first. The big rip was a combination of dodging large rocks and riding down mini waterfalls. After that, the water was fairly calm, but we were paddling against the wind, which was challenging. Finally, after a tiring day of paddling we made it to the campsite where we made sandwiches with the remaining bread and condiments. Next we set up camp and chilled; we read, played card games, and stared at (and named) snapping turtles. For dinner we had a yummy rice and veggie dish. For dessert we had scrambled brownies and leftover marshmallows that we cooked over the fire. After dessert we all watched the snapping turtles fight.

There were three! Finally, we got into our tent for the last night and went to sleep.

- Annelise Vought

Day 6

We woke up at 7:00 am. We stayed at Egg Point and saw three snapping turtles that never left us. We ate oatmeal for breakfast. We canoed three miles to the dam which was our pick up point. Sarah from Kieve drove us to Dysarts where we had a wonderful meal. At Dysarts most of us had big burgers or pasta. We all got dessert which was either pie or brownies. Then we drove back to camp and unpacked. Then we slept in Andrews.

- Rachel Foster

July 10 - Hog Island

Hog Island was really great. We drove to Bremen then took sea kayaks over to the island. It was a nice change from canoeing. Once we got to the little cove where we pulled up our kayaks, we met Frances Robinson, an Environmental Education Coordinator on Hog Island, and went into a small building where she showed us a rather big 3-D version of the island and other small surrounding islands. We were shown exactly where we were and where we would be going that day. After that we went into a different building and saw the natural inhabitants of Hog Island. They had stuffed, very real looking animals! Next we took a short, pretty hike to a small beach where we searched for snails, hermit crabs, and real crabs. The cabin and I found a big blue crab which took most of our attention. We were all a little tired so we decided that we would relax on the lawn and play cards for a little while. Once we were all rested we took a long hike to a beach on the other side of the island.

It was beautiful and we all swam and made a little “day care” for 23 hermit crabs we found! Then a few very brave people ate beach fleas!

They are supposedly edible... So, why not? Once we got back from that adventure, we had lunch, then jumped off the dock to the close of a great day.

- Ellie Crudgington



Ojibway “Fire Keeper”

HBC: Anne Warner

JC: Lindsey Applebee

JC: Lisa Carson

June 30 - - Primer Trip

Damariscotta Lake

Day 1

We were very excited to get going on our first canoe trip together! After breakfast we packed up our canoes and headed off on Damariscotta Lake for a day of paddling. It was gorgeous on the lake and we spent the morning practicing all of our different paddle strokes. Then we paddled across the lake and parked our canoes behind the Jefferson Store. We enjoyed a yummy lunch of deli sandwiches and walked the short distance to jump off the bridge. It was really fun to go swimming, and more than half of us jumped off the bridge over 30 times since the counselors promised us J Scoop if we jumped off so many times. After having fun on the bridge and tanning a bit beside the lake, we headed over the J Scoop. We enjoyed our ice creams and then paddled to our campsite. After setting up tents we read, played games and took naps until dinner. For dinner we had delicious hamburgers and scrambled brownies, and then we retired to our tents.

Day 2

We slept in until about 9, had oatmeal for breakfast, loaded up our gear and started paddling back to camp. We stopped on the way to jump off the dock a few times and have lunch. It was starting to get cloudy and windy, so we were eager to get back to camp. The paddling was very challenging along the way because of the wind, but we made it back safely, and by the time we finished our journey the weather had improved considerably. After un-loading our gear, we practiced T-rescues with the canoes so that we would be prepared if someone flipped on the St. Croix. All in all it was an excellent primer trip and made us excited for the St. Croix!

July 5 - St Croix River

Day 1

On the first day of our St. Croix trip we woke up at 4:30 am to get prepared for the 6 am departure from Wavus. We had a nice breakfast of cereal and fruit in the Jewell and then “The One” (Tom Naldony) picked us up to take us 6 hours away to the border of Canada and Maine to canoe the St. Croix River! We were all very excited for our trip to begin. When we arrived at the drop-off point, we unloaded the canoes and gear and started paddling on the lake

before the beginning of the St. Croix River itself. We paddled for a couple of hours in very smooth, calm water, and eventually landed at our campsite at Birch Island. We fixed a yummy lunch and set up tents, and then some of us went swimming while others relaxed and read at the campsite. The weather was clear and sunny, and the lake was quite warm, so swimming was really fun. We jumped off rocks and played in the water for a while. After swimming and chilling, we cooked ourselves a delicious meal of burritos with chicken, Mexican rice and veggies. We went to bed early to prepare for the next day of paddling.

Day 2

Today we woke up at 7 am because of some light rain that we were hoping would end before we got on the water. We had a nice, filling breakfast of oatmeal (we all rushed to the bag of oatmeal to pick out the best flavors), packed up our tents and we were soon on our way through the lake to our new campsite, The Narrows. After about 2 hours of paddling on the clear lake, with Canada always in our sight, we stopped for a snack of “kid bars” (the name our counselors gave to the delicious bars we made in Kim’s cooking class) and to refill our water bottles. From our stop it was a short distance to our new campsite, which we were pleased to notice, included a picnic table and a toilet of sorts. When we arrived, our counselors split us into our tent groups and we set our tents up. After we were finished we headed to the picnic table for bagels and cream cheese for lunch. After lunch we had a quiet rest hour, because everyone had a long day and we were all tired. The tents were very hot, muggy and smelly, so we aired them out. After the cabin

had some quiet time and we were all in good moods, we were full of energy for the rest of the day. We sat in a circle and talked for a couple of hours about life and camp. We then sat down for a dinner of pesto pasta with chicken. After dinner we made a glowing fire, and then sat around the beautiful flame and did the “rose, bud, thorn” activity in which everyone said their high point and low point of the day, as well as something that they were looking forward to. After relaxing around the fire, we retired to our tents early so that we would be well rested for our first day on the St. Croix!

- Sarah Hart and Cynthia Kellett

Day 3

We started day 3 by waking up around 5 am, eating breakfast of oatmeal and packing the campsite. We began canoeing by 6 am. We paddled for a little while, then reached the dam of the St. Croix and pulled into a boat launch. We lugged all of the canoes and gear onto land and took a rest before beginning the 1/3 mile portage to the beginning of the St. Croix. We ate some snacks and refreshed ourselves by swimming in the lake because it was scorching hot. After that we began the portage down the road by carrying two canoes. The portaging was very challenging and the canoes were heavy, but we all worked together and it was a good bonding experience for our group. After we portaged the first two canoes, we learned that some St. Croix International Waterway Commission volunteers had offered to help us carry the remaining boats and gear. We helped them load everything into their trucks and then met them at the St. Croix boat launch, and the counselors bought us ginger ale as a treat! It was so nice and refreshing

to have a cold soft drink on a hot day of paddling. After our treat, we paddled down the rapids, which were challenging, but very fun. We learned how to work together with our paddle buddies, as one person scouted and the other steered. We paddled for about 3 hours until we stopped for lunch at this odd cabin called Loafer's Lodge. Unfortunately the canoe that Lisa, Cynthia and Caroline were in got jack-knifed against a rock in the rapids, but no one was hurt and all of the gear remained intact. It did take quite a lot of effort to maneuver the canoe, though, and the counselors spent about 45 minutes trying to dislodge it from the rapids. They were ultimately successful, for which we were very grateful. We took a long break after that incident to eat lunch, swim and relax. After resting for a bit we paddled for about 2 hours to our campsite, Little Falls. It was a gorgeous campsite and we were so excited to be there after a long day of paddling. The falls were pretty big and it was awesome to be camping right next to them! Some of us went swimming while others relaxed, and then we did trivia to earn our pita pizzas for dinner. After filling our tummies, Sarah and Caroline made a fire, and we all made s'mores. We slept very soundly that night after a very challenging day of paddling, and it was soothing to have the sound of the falls next to us while we slept.

- Laura Slotpole and Brooke Mullen

Day 4

Today was our fourth day on our St. Croix trip. We woke up to the sweet smell of pancakes and sound of Little Falls, and we were ready to start our community service project with the St. Croix International Waterway Commission. We met Nicole, who was

organizing the project, and helped her move dirt to cover a trench. It was great to be part of creating a new campsite like those we enjoyed so much on our trip! After laughing a ton about "dirty dirt" and getting the job done, our cabin was treated with some delicious watermelon. Finishing our snack, we all had a lot of energy to burn, so we packed up our tents and belongings, and hit the river. Our cabin had a blast paddling down the rapids and singing songs to keep our spirits high. When we made it to our new campsite we ate our lunch, PB&J... yummy! The campsite was really nice and spacious, so we spread out for rest hour. When we were all rested up we went for a relaxing swim. That night we had cheese quesadillas and wild rice for dinner. We all returned to our tents for a good night sleep so that we would be ready for tomorrow's great adventures of the St. Croix River!

- Oriana Smith and Krissy Rolle

Day 5

On our second to last day we woke up around 7 am and ate a delicious breakfast of tasty oatmeal. When we finished eating we promptly packed up our belongings, got in our canoes and set out for an exciting day ahead of us. The winds on the river were fierce and difficult to paddle against, but we kept our spirits high by singing songs from camp like Nana's "Chade Eh Chade" and others. We also paddled down some Class III rapids, which was quite challenging but exhilarating, and we learned how to work well together. After the rapids, it was mainly lake paddling, which was hard because of the wind, but we had a lot of fun. The counselors were all in a boat together, which was pretty hilarious to watch, and they kept us entertained. We



arrived at our final campsite, Egg Point, by lunch, and enjoyed yummy peanut butter and nutella pita sandwiches. As we were eating lunch, Lisa saw that one of the canoes was floating down river! Someone hadn't tied their canoe up properly! The counselors jumped in the water to save it before it hit the rapids, and luckily they were successful. Later we set up tents, rested for about an hour, and then some of us went swimming. We also saw two large turtles in the river - it was magical to be so close to wildlife like that! At the end of a day of hard-core canoeing we were all extremely exhausted and looked forward to delicious southwestern mac-and-cheese for dinner and scrambled brownies with marshmallows for dessert. After dinner we sat around and reflected on the trip. It was insightful to listen to what everyone thought they had gotten out of the trip, and we enjoyed re-living our memories. Later we played some entertaining games and retired to our tents.

- Caroline Motley and
Phoebe Walker

Day 6

Campers awoke to M&M pancakes and the feeling of excitement to be going back to Wavus. Not only were we excited, but we were also sad to be saying goodbyes to the St. Croix. We rolled out of bed and devoured some pancakes and were off—this time for good. The paddle was short but sweet. It was sad to think it was now all over, but we knew there would be more adventures to come. So we got in the van and began our way back. We were all tired and full of memories to share with others. As we were approaching our destination (Wavus!), our counselors surprised us with a pizza stop in Lincoln. It was

awesome to eat non-back country food! After stuffing our tummies, we finished the drive to camp. We sang and danced in the car, anxiously waiting to see everyone back at camp. As we drove into Wavus we blasted the Taio Cruz song "Dynamite" for everyone to hear, after we had our fun, we un-packed the van, put the canoes back, and cleaned up our supplies. Soon after finishing these tasks we moved back into our cabin, and we felt relieved to get everything done, but we still had to unpack our belongings and go to dinner. We finished eating dinner with full stomachs ready to go back to the cabin and sleep. We all took showers and got ready to go to sleep, feeling proud to have accomplished our journey on the St. Croix River!

- Grace Moses and
Meeghan Goldstein

July 12 - Hog Island

Today we woke up and went to flag and breakfast as usual. But instead of enjoying a regular day at Wavus, we excitedly made sandwiches from roast beef and swiss cheese for our cabin's trip to Hog Island- a nature reserve that is a part of the Audubon Society. We all piled into a Wavus van and rocked out to "Dynamite" by Tiao Cruz until we rolled up to the dock where the Snowgoose shuttled us over to Hog Island, only a small ride away. Once on the island, we socialized with 2 Kieve cabins: Maine Trails and a younger cabin and decided to soak up the sea and sunshine on the docks for a while before beginning our nature hike. We had so much fun jumping off the railing on the high dock into the cool clear Maine water. Some of us even did impressive belly flops from high railings.

After we ate our lunch, we regrouped for our cabin hike around the island. On our hike we stopped at a small beach to chill out and have some fun. We built a pretty sand castle, complete with 2 hermit crab residents, crab claws, shell bridges and feather fences. After we all dipped in the water to wash off the sand and get one last refreshing dip, we walked the rest of the beautiful nature trail back to the

cluster of classic New England houses lining the dock. We then loaded up our back packs, said goodbye to the cool people of Hog Island, and rode back on the Snowgoose and 45 minutes later we were rolling into the Wavus parking lot. We were able to go to G Swim at Wavus before dinner and then enjoy dinner and evening activity with everyone else. It was an awesome day full of fun and saltwater!

Osage "The Wise"

HBC: Liz Jones

JC: Lucy Lynch

JC: Caitlin Hanley

June 25 - Hog Island

Day 1

We set off early for our primer trip this morning excited and ready. The girls learned how to tie our kayaks to the trailer and pack our dry bags correctly. When we got to the Kieve-Wavus boat launch in Bremen, the campers were excited to get to camp, however nervous about the looming thunderstorm. We paddled with speed to get to South Hog Island and worried we would be caught in a storm. Luckily the girls are a natural at paddling and we made it in time to set up camp and take a nice nap until the storm blew over. The day wrapped up with burgers for dinner and a nice sunset.

Day 2

We woke up this morning to a beautiful day and calm waters at 8am. The girls enjoyed a filling breakfast of granola and oatmeal. Some even experienced powdered milk for the first time. All helped each other to pack their kayaks, put on their sea skirts and get on the water. Another relaxing paddle back to Bremen where the girls

used their new knot skills to tie up the kayaks and back to Wavus!

June 27 - Day Hike

Ragged Mountain

Today the girls woke up for their hiking primer to Ragged Mountain in Camden. The girls packed their backpacking packs and got into the van after a filling breakfast of fruit and cereal. The girls once again excelled, reaching the top within three hours. The campers enjoyed a delicious lunch of hummus, cheese, pepperoni, carrots and pita. We enjoyed the view for a bit and then set off back down the mountain. The day was wrapped up with a surprise J Scoop stop. Another successful day for Osage.

June 29 - AT Sea

Day 1

We woke up and made final preparations for the trip. After breakfast, we set out down Lake Damariscotta. After about two hours of paddling, we reached the "Rope Swing Island", where we had lunch and a swim. It was a beautiful day and we paddled the rest of the way to the Fish Ladder in no time. We pulled up our boats and waited for Sara to come and pick us up. We drove to Bremen,

packed the kayaks and paddled to Hog Island. We grilled cheeseburgers for supper and enjoyed sitting on the lawn at Hog. It was an awesome first day of the trip!

Day 2

We woke up to a sunny morning on Hog Island. After a breakfast of bagels and peanut butter, we loaded the kayaks. Then we learned about Leave No Trace (LNT) and took a walk around the island with Frances Robinson and Ryan Pelletier, the Environmental Education Coordinators on Hog Island. We finally got on the water at high tide and quickly learned that it was a little too rough for paddling. We stopped on a beach on the other side of Hog Island after about 40 minutes of paddling. After a while of hanging out on the beach with a Kieve cabin, we decided to camp there because the water was not getting any calmer. It was an enjoyable afternoon. We took an evening hike around Hog after a yummy supper of fajitas. We went to bed after a busy and fun day.

Day 3

We got an early start today around 7 am. We had oatmeal for breakfast and were paddling a little before 9. It was a calm morning on the water and we set out toward Thief Island. We made it to Thief in record time and continued to Black to make up for lost time on Day 2. We saw a lot of seals relaxing on rocks and in the water. We had lunch on Black Island around noon then had some relaxation and American Idol time. There were afternoon showers while we were in our tents then we came out for a beautiful sunset and a delicious supper of mac and cheese with bacon and pepperoni. After spending some time sitting and talking, we went to sleep.

Day 4

We woke up and had granola bars and peanut butter for breakfast. We loaded up the kayaks and hit the water by 9am. We paddled hard through some challenging water and saw a lot of cool houses and islands. We arrived at Ames with time to spare and we relaxed on the beach and played games. After a super of grilled cheese and tomato soup we talked about 3 things we want to do before we die. Day 4 came to a close and we went to sleep.

Day 5

We woke up at 7:15 and ate oatmeal and granola on the beach. We were on the water paddling at 9. We headed toward Crow Island, realized there were people already there and re-routed ourselves to Hog Island. We hung out on Hog for a while, playing games, reading, eating lunch, and swimming. Around 4, there were still people on Crow Island, so we decided to head to Bremen and spend the night. We cleaned all our sea kayaking gear, the girls jumped off the dock, and we got organized for our transfer the next day. Casey and Livy made us quesadillas and rice for supper. It was a fun afternoon. We could hear fireworks from our tents as we went to sleep.

Day 6 – Transfer from Sea Kayaks

We woke up at 6 am and got ready for our transfer and resupply. Belinda and Sara showed up and drove us to our trailhead in Stratton. We switched gear with Mic-Mac Cabin, ate some banana bread, and hit the trail by 11:30. A little down the trail, we filled up our water and learned how to treat it with Iodine. We headed up the hill toward Horns Pond, where we would stay the night. It was a very challenging hike since it was uphill and most people's first time backpacking, but the group stayed



positive and encouraged each other. The caretaker, Jeff, at Horns Pond Lean-to, greeted us. He showed us around and played Leave No Trace Jeopardy with us as we cooked chicken burgers for supper. It was a beautiful campsite with views of Sugarloaf Mountain, where we later saw fireworks. We went to sleep after a discussion about our first day on the trail.

Day 7

We woke up, packed our things, filled up water, and got on the trail. With Emma and Audrey as our leaders of the day, we got on the trail and steadily climbed up South Horn. It was a nice summit and we took pictures and had a snack. Next we climbed up West Peak and had a snack of beef jerky at the top. We descended into Avery Memorial Campsite where we filled our water bottles at the water boxes. This was an interesting experience for all. We made fajitas, powdered up with Gold Bond, and went to sleep.

Day 8

We woke up at 7 and hit the trail by 8:30. We were on top of Avery Peak by 9am. It was really pretty, but windy and we quickly walked across the top and back down. We began the steep descent with only 1.6 miles to our campsite. The two mile hike took us approximately two and a half hours and we were at our campsite by 11. We ate peanut butter and jelly and had some down time. For supper, the girls prepared tortellini with pesto and chicken. We bear-bagged our food high in a tree, then ate s'mores and talked about the trip.

Day 9

We woke up at 7am, ate oatmeal, and packed up. We filled up, took a look at the maps, and set off with Livy and Casey as our Leaders of the Day.

It was a hot morning and we had a 5.5 mile day ahead of us. The girls passed the time by singing and by the time we were on top of Little Bigelow, everyone was in high spirits. We ate pitas with pepperoni and cheese on the top. When we reached Little Bigelow Lean-to, we went swimming in the natural tubs. They were chilly but very refreshing after a hot day of hiking. We were joined by a group of French-Canadian girls around our age and after helping them to fix their stove, we prepared a supper of macaroni and cheese with pepperoni and bacon. It was delicious and the day ended on a great note.

Day 10

We woke up and ate oatmeal, filled our water bottles, and got on the trail. We were very quick today, with no big mountains to climb, and 7.5 miles to go. We arrived at West Carry Pond Lean-to at 2:15, leaving us time to swim in the pond. We hung out and made quesadillas and scrambled brownies. We talked and laughed about our trip and reflected on the past ten days, then got in bed early.

Day 11

We woke up at 5:30 am and packed our things. We filled up water and started our 6 miles by 7 am. We were very fast today in anticipation of getting to the end of our journey. We got to our pick up spot around 9:30 and hung out for half an hour. We took pictures and were sad and excited to be finished. Sara arrived around 10 to pick us up and we drove back to Bremen where we met up with Mic-Mac Cabin and the girls swam, hung out, and ate. It was a fun afternoon and the two cabins talked about and compared their trips. Sara, Belinda, and Leigh came and prepared a delicious steak dinner for us that everyone enjoyed. We went to

bed full and happy from the awesome trip we just finished.

Day 12

We woke up at Bremen, packed our things one final time, and headed to Wavus. Everyone had an awesome time on the trip and is sad that it is over, but happy to be back at camp with the rest of the Wavus community!



Mic-Mac "My Friends"

HBC: Megan Lynch

JC: Jozy Blanck

JC: Julia "Jules" Donato



June 29 – AT Sea

Day 1

On our first day we woke up really early at Wavus and went to breakfast. After a hearty meal of muffins and cereal we loaded our gear into the van for the 3 hour drive. During the drive we listened to music, made duct tape bags, and friendship bracelets. Finally we reached our destination and started to hike. Our first hike was 5 ½ miles but it was mostly flat. Our bags were heavy and we took lots of breaks. At the end of the day we all sat down at our camp site and talked about our day, we were all happy that we made it through with such positive attitudes!

Day 2

This morning we got up with the sounds of loons in the background, and to beautiful scenery. We had a yummy breakfast of oatmeal and granola. Then it was time to get moving. We had a long hike of 7.3 miles ahead of us. For lunch we stopped at an amazing lake that was almost perfectly clean. We had a marvelous view of mountains in the distance. All of us were so enthralled to finally make it to our campsite with the lean-to. We also met a man in is

20's who had hiked 18 miles in one day and is planning on completing the ENTIRE Appalachian Trail! He was very inspiring.

Day 3

We woke up early this morning as the sun began to light up our tents. After packing up our gear and taking down our tents we enjoyed some more delicious granola and oatmeal. We finished cleaning the camp site and set off for the day. We began our ascent up Little Bigelow, while admiring the scenery around us. After a couple of hours we reached the summit of the mountain. We gazed around the land below us where we saw Flagstaff Lake and Sugarloaf Mountain. After lunch we trekked atop the peak of the mountain and then began our descent towards our campsite. After a long 5 miles we reached our campsite and set up our tents. We cooked a wonderful dinner of pizzas and veggies which we ate around the campfire. Then we ate a dessert of scrambled Brownies! We quickly settled into bed as we prepared for a hardy day the next day, when we would reach the Avery Peak.

Day 4

On day four we were going to encounter Big Bigelow. After breakfast we packed up and headed up the mountain. The mountain was very steep and we stopped at many viewpoints to

enjoy the views as we went up. As we got further up the mountain we stopped at Old Man's Head and the view was breathtaking. We could see how far we had come over the past few days and it fueled us to press on. Although climbing to the peak was only 2 miles, it was very steep and took us a long time to finally reach the top. The view was amazing, you could see for miles and we felt as though we were on top of the world. We stayed at the peak for a long time and made lunch. After a delicious lunch of peanut butter, nutella, jelly, and honey on pitas, we started a challenging hike down the mountain to our campsite. We had a good dinner of rice and beans and headed to bed.

Day 5

This morning we woke up a little later than usual, thankfully, and enjoyed a leisurely breakfast of pancakes with nutella. We had a pretty short day planned out, so we took our time climbing the last bit of Bigelow and hung out at the top of the second peak, marveling at the view. It seemed like we could see thousands and thousands of miles away; the mountains rolled on and on. After a while we once again put on our packs that were a little lighter from all the food we had eaten. We went down Bigelow and up a few small hills ending up on another peak for lunch. We could see among the expansive mountain, from the trails where we had begun, to the mountains we had climbed, the lakes we had gone around and finally where we were headed. The sun beat down on us and we had drank tons of water although it was hard to find large amounts of water at our previous camp site. So after eating our pita sandwiches, we headed down to our final campsite. The climb was steep

and downhill, but we knew that there was a swimming hole at the bottom so we moved quickly in anticipation. Our campsite was extremely nice (the best we had stayed at) with beautiful paths through the trees and designated water supplies. After a refreshing swim and drinking lots more water, we put up our tents and talked to a ranger about the Leave No Trace (L.N.T.) principles. We also got a quick and interesting history of the Bigelow Mountains. We ate some pasta, and some wonderful scrambled brownies and headed off to bed early knowing that the next morning was coming early. The whole cabin felt great that we had all hiked over 20 miles and a sense of pride hung over the air.

Day 6

We woke up at 4:30 in the morning because we had to be picked up at 11. It was still dark outside when we left the campsite. We had to walk 4 miles but we still took plenty of long and short breaks. When we got to the parking lot, we waited for Osage Cabin to come so that we could switch gear with them in preparation for sea kayaking. Then Sara brought us to Bremen and we ate a delicious lunch of all fresh food from our resupply. After that we went for a refreshing swim in the cold sea. That night we decided to stay on Hog Island so that we could have a longer paddle for the next day. We set up our tents, made dinner, had delicious s'mores and then went to sleep.

Day 7

Today we slept in a little bit. For breakfast we toasted bagels on the fire and had bagels and cream cheese and peanut butter. Catherine had been sick the night before so she was picked up so that she could rest and get better back at Wavus. We packed the kayaks



and made our journey to Thief Island. Paddling felt so good as we made our way across the bay to our first island. Being on the cool water and enjoying the sun felt so refreshing after all the hiking we had done. When we got to the island we made lunch of hummus with veggies. Here we set up our tents and went for a swim. The swim felt so good because it had gotten really hot outside. We took a walk around the island and laid out on the rocks on the other side. For dinner we had Fajitas and after we played cards. When the sun was setting we went out to the rocks and enjoyed the gorgeous view, and then we headed to bed.

Day 8

Today we slept in and woke up around 7:30 on Thief Island. While we got out of bed and packed up our tents, we noticed that Jozy and Julia went for a morning paddle. When they came back we had breakfast and packed up our boats. We started our journey to Black Island and ran into the girls on the Snowgoose. It was hard to figure out which island was which because everything looked different from the water than to the map. We finally found our island and we unpacked and ate lunch. After lunch we played cards and read books on the rocks. For dinner we had pesto pasta with veggies and it was so good. Soon after we got ready for bed and went in our tents.

Day 9

Today we woke up at 7:40 and started packing up our stuff. Afterwards we waited for Catherine to be reunited on our trip because she was all better. During that time we sunbathed and told jokes and talked a lot about how much work the trip was but how it was rewarding and worth it. When Catherine came we set off and paddled

our most miles, luckily it didn't take us very long and we reached Ames Cove early. We hung out the rest of the day and played Frisbee, cards, and went swimming. When we settled down for bed we noticed that a thick fog was rolling in...

Day 10

Today when we woke up the ocean was covered in a thick fog. We couldn't see any of the surrounding islands so we had to wait for the fog to lift before we could continue on to our next island. After we ate breakfast, we brought our sleeping bags out to the rocks to hang out and played games. We played many rounds of our new favorite card game "James Bond." The fog didn't lift for the entire day so we read, played Frisbee and card games on the rocks. We also ran out of water so Megan kayaked to a nearby house to get water for us. We made pasta for dinner and headed to bed. We had an uneventful but relaxing day.

Day 11

We woke up in the morning to the same thick fog we had the previous day. We were all disappointed that the fog was still there. We made a delicious breakfast of pancakes with S and Ms' to pass some time. Then our counselors called Belinda to discuss the situation. They decided that they would come pick us up at the nearest road on the coast of the Island next door. Later, once packed, we paddled our way through the fog staying very close to shore to our take out location. All of us helped load the kayaks and gear. Then we took the van to Bremen to meet up with the Osage Cabin for lunch. It was PB and J bagels and lots of fruit, yum! We all then swam and hung out until dinner. For dinner Sara and Belinda came and cooked as an amazing steak

dinner. We all socialized and had a great time with Osage, and especially enjoyed the fire with the s'mores after dinner!

Day 12

On day twelve we woke up and had a good breakfast of bagels. We loafed around some and then packed our gear to head back to camp. On our way back we stopped and got ice cream; a great reward for all the hard work we had just done. We were all so excited to get back to camp and it was great to get there!

July 14 - Beach Day:

Today we woke up to the sound of rain drops on the roof of our cabin.

Although we were planning on going to the beach, we decided to go to the Lighthouse Museum due to the inclement weather. We set out on our journey to the museum while listening to our cabin CD and chatting. We arrived at the museum, where we learned about the history of lighthouses and life guarding. Then we went to Round Top Ice Cream where we ran into the Kieve boys while enjoying our ice cream. We continued on to Pemaquid Point where we got a great view and explored the rocks by the ocean. We also wandered through the small museum that they had there at the lighthouse. After a great day we headed back to Wavus for G-swim!

Allagash "Cabin by the Water"

HBC: Erin Malafronte

JC: Mads Sneedén

June 30

Day 1- Into the Wild!

We woke up at 5:00 to a cold cabin and stumbled out of bed trying to pack up our bedding, marveling at Mads and Erin who were wide awake and ready to go. With all of our belongings out of the cabin, we headed up to Jewell to grab some breakfast and pack our lunches for the road. With all our canoes loaded and our gear all packed into the van, we set off with Belinda driving on the ride up to Millinocket, Maine; the closest town to our drop-off point. Six and a half hours of sleeping/reading/music later, we arrived at Hannibal's Crossing; a small bridge over the Penobscot River where we were to put in our canoes. We unloaded the canoes from the trailer and our gear from the van, said goodbye to Belinda and set off on the river by 12:45.

We pulled up to a little beach on Thoreau's Island in the middle of the river for a quick lunch of sandwiches, and then continued on down the river. The weather was cool and sunny, and the river was fairly wide, shallow, and calm; perfect for a first day of paddling. We saw a bald eagle after only 5 minutes of paddling! Two and a half hours later we pulled up onto the rock beach at Big Island, our first campsite nestled high above the river on a woody ledge.

We had a dinner of chicken patties with avocados and carrots and Oreos with peanut butter for dessert. We had a post-dinner game of cards, read a little bit, but exhausted from the excitement of our first day (and from seeing our first moose of the trip while brushing our teeth), we curled up in our sleeping bags and fell asleep very fast.

Day 2- Mud Pond Part I

4 a.m. wake-up to get a head start on the wind we knew we'd run into later on the lakes. Had a breakfast of yogurt

and granola and headed out onto the river as the sun rose, creating a cool mist to rise off the river. We finished the Penobscot River with ease, and made it across Chesuncook Lake by 9:00. We pulled up at the tiny Chesuncook Village and found the little white house with "The Store" painted in red on the front. We rang the big bell on the front lawn (as the sign on the door instructed) and an old man came to the door of the porch and greeted us warmly. Despite the chilly temperature, we bought root beer floats with homemade root beer and some homemade fudge.

We continued on across Chesuncook Lake, past Gero Island and up the Umbazooksus Stream. The stream was more like a small lake until it filtered under a little bridge and became a shallow, muddy stream that wound through a freshwater swamp. We saw huge tadpoles bigger than golf balls! The stream got a little shallower and in some parts we had to drag our canoes over rocks, beaver dams, and fallen trees. The stream emptied into Umbazooksus Lake, where we had a tough paddle against the wind but finally made it to the entrance of the Mud Pond Portage trail.

We carried our gear up to the campsite a few hundred yards up the trail in the woods. The trail started as a cold, rocky stream that ran right past our campsite. We ran into Kieve's Allagash III cabin who, a day ahead of us, were just finishing up their portage. We had a quick lunch, set up camp, and then started our portage. We started at 2:00, and with 4 of us carrying each a canoe, headed out on the trail. The trail was a combination of a rocky stream and a dry path through tall pine trees at first, but quickly changed to ankle-to-knee-deep mud that claimed legs

and shoes easily. We were all thankful for wearing running sneakers. For 4 hours we carried our canoes along the trail, tripping over fallen logs, slipping on big rocks, and getting scratched by branches. Both canoes finally made it to Mud Pond where we would leave them for the night. We made it back to camp by 6:30, cold, hungry, and tired. We changed into warm, dry clothes, cooked a hot dinner of chicken strips with vegetables, and headed off to bed early just as it started drizzling rain.

Day 3 - Mud Pond Part II

We woke up at 6:00 to a sunny day and the second day of our long Mud Pond Portage. After a breakfast of bagel and cream cheese, we rallied ourselves for the long day we knew we had ahead of us. We packed up camp and carried all of our gear and canoes a little way up the trail to a dirt access road. From there we devised a new portage plan. Erin and Mads would carry one canoe, and 4 of us would carry the other canoe with the 2 remaining campers carrying gear and guiding the two canoes around slippery rocks and fallen logs. By 11:00 we had both canoes to the end of the portage trail. We had a quick break for granola bars and then headed back along the trail to collect our gear for the final part of the portage. We had a quick lunch back at the road, took care of some blisters, and then with smiles and determination, began our last trip down the portage trail carrying our dry-bags, tent bags, cooler, and bread-bin. We all chatted away to keep ourselves distracted from the lengthy portage, and after about an hour we reached our canoes at our put-in, finally done with the Mud Pond Portage Trail!

We put in our canoes at Mud Pond, which really was a pond of mud,

only about a foot of water all the way around. We paddled in the hot sun for about 45 minutes, trying to find the entrance to the stream that would take us to our next lake. We finally found the mouth of the stream and paddled/dragged our canoes down it to another small lake that, as we reached the end of it, fed right into the giant Chamberlain Lake. We paddled over the big swells on Chamberlain and reached the Gravel Beach campsite to find Kieve's Allagash III boys camped



out playing Frisbee and swimming. It was already 5:00 and we were hungry and tired, so we decided to stay the night with the Kieve boys.

We cooked a delicious dinner of pasta, tomato sauce, and cheese while watching a beautiful sunset over Chamberlain Lake. Tired from our long day of portaging and paddling, we went to bed early listening to the Kieve boys attempting to make loon calls.

Day 4 – Rest Day # 1

We woke up at 6:30 a.m. before the boys, had a quick breakfast (part one) of granola bars, and left Gravel Beach by 7. We paddled for a short 2 hours on a calm lake (passing the time by singing Disney songs) and reached our campsite (Boy Scout campsite) by 9. The Kieve Long Voyage cabin was staying right across from us at the Thoroughfare campsite so we said hi to them before settling into our campsite. We set up camp, made oatmeal for breakfast part two, and had a rest hour in our tents.

At 12:30 we paddled 10 minutes down the channel to meet Belinda da at our re-supply location at the Chamberlain bridge. We pulled up at the ranger station and had fun reading, playing cards, and eating lunch on the grassy area in the sun. Belinda arrived shortly bringing us soda, blondies, mail, and our re-supply food. We relaxed, opened mail, and updated Belinda on our trip so far. Back at our campsite later in the day, we swam, played cards/Bananagrams, and made a dinner of personal pizzas!

Day 5 – Happy 4th of July from Eagle Lake!

We woke up at 4:00 this morning to get an early start on the long day of lake-paddling on Chamberlain Lake ahead of us (and to put on our

red and blue face-paint in honor of Independence Day). We paddled for a bit on the calm lake before rafting up for a breakfast of bagels and cream cheese while we watched the beautiful sunrise. We continued paddling on the enormous lake and reached Lock Dam at the other end of Chamberlain by 8:30. We had a quick snack break and then suitcase-carried our canoes full of gear up over the dam. We put in to a little stream with some fun little rapids to paddle through. The stream fed into the beginning of Eagle Lake, where we had some more easy-paddling on flat water in the hot sun. As we began to cross the lake, the wind picked up a lot making it difficult to paddle. To keep ourselves occupied we played multiple rounds of the guessing game "20 Questions". We finally reached our beautiful campsite at "Pump Handle" at 1:00 and made lunch immediately. We all set up camp, and then spent a long time swimming, reading, and relaxing. We made chicken patties for dinner and struck up a conversation with a family we were sharing the campsite with. We all built a fire and toasted marshmallows and made s'mores. Tired, full, and happy, we headed off to bed ready for a good night's sleep.

Day 6 – Moose Friends

6 a.m. wake-up with Honey Bunches of Oats cereal and soy milk for breakfast. Headed out onto the lake through a little bit of drizzle. We had a calm paddle through Round Pond into Churchill Lake. Churchill Lake was beautiful, surrounded by rolling hills, and just as we reached our campsite at "The Jaws", the sun came out! Since it was only 10:30 when we got there, we set up camp, put on bathing suits, lathered up with sunscreen, and for the rest of the day we swam, read, played

games, and read. It was hot and sunny all day with a nice occasional breeze to cool things down.

There was a moose that we named Turtle who stuck around all day playing and eating in the water right across from our campsite. Other moose occasionally joined him throughout the day, but Turtle didn't leave till after dinner! While he ate his lake plants, we dined on veggie burgers with avocado on pita bread and had Oreos and peanut butter for dessert. Slightly sunburnt and very happy, we headed off to bed early.

Day 7 – Chase Rapids!

We had a little bit of a sleep-in today with a 7:00 wake-up, and a slow, lazy breakfast of granola and soy milk. We hit the water after eating and had a short, easy paddle to Churchill Dam where we would finally be on the Allagash River! Arriving at 8:30, a ranger met us there with his pick-up truck to collect our gear and drive it down the river so we could run the Chase Rapids unburdened. One by one, we put in and began the rapids right away. There were four big sections of rapids with huge waves, big rocks, and swirling little whirlpools. Despite a few canoes getting stuck on rocks, everyone was laughing and yelling and having a blast. After 45 minutes of awesome rapid-paddling, we met the ranger at the side of the river, thanked him, collected our gear, and continued on to Umsaskis Lake.

Once on the lake, we had a calm, easy paddle across the lake, getting super close to a giant female moose at one point. We ran into Kieve's Allagash III once again while we paddled past their campsite on the lake. We stopped at a little campsite called "Pine" to have lunch and continued on to Long

Lake. We had a hot, flat paddle to our campsite at "Jalbert" halfway down the lake. We got there at 2:00, set up camp, and then we all went swimming for a long time. We had a dinner of loaded orzo (with broccoli, cauliflower, chicken, avocado, and spices), and then Erin and Mads found a bag of blondies at the bottom of our cooler which we had for dessert! We played the card game KEMPS after dinner and relaxed and joked around before heading off to our tents at 8:00.

Day 8 – Tower Trail

Even at 5:30 this morning, it was unbelievably hot! Cereal for breakfast and then headed out onto a still Long Lake. We paddled the rest of the lake (saw three moose!) and reached the old Long Lake dam in no time. We suitcase carried the canoes over the dam and continued onto the river. As we were passing Cunliffe Island, we ran into Kieve's Allagash II cabin and stopped for a few minutes to say hello. We continued on down the river, stopping once to take a quick swim break. We followed the river to Round Pond where we paddled across and pulled up to our campsite at Tower Trail. Since the tower was closed, we had a lazy afternoon of lounging around, swimming, and reading. Erin made a delicious dinner of macaroni and cheese with pepperoni, and we watched the Allagash II boys pass us as we ate. We all went for a post-dinner swim and watched the sky turn pink with the sunset.

Day 9 – Allagash Falls

Woke up 6:00 this morning, had Cheerios for breakfast, and headed out across Round Pond at around 7:00. We were back on the river for good this time, no more lake-paddling! Within an hour of easy paddling on the slow,

wide, deep river, we saw 7 moose and a deer! We passed the Allagash II boys yet again at the Five Finger campsite, kind of like we were playing tag with them. The river got wider and shallower, so we had to be careful not to hit rocks. We reached the ranger station at Michaud Farm just as the sun was getting hot, so we pulled off and everyone went for a swim.

Just as we reached the famous Allagash Falls, the sky darkened. We pulled up to the portage trail as the rain started coming down. Not wanting to waste any time, we portaged the canoes and gear immediately. After our Mud Pond portage, Allagash Falls was a breeze and we were done in a half hour. We continued on past the falls down the wide shallow river, navigating around giant rocks. We only paddled for 15 minutes before we reached the McKeen Brook campsite. Pleased with the location for our rest day, we pulled up and unloaded our gear. We set up camp just as the sun came out to dry all of our gear.

Just as we were finishing our dinner of mashed potatoes with pepperoni, cheese, and carrots, we were surprised by visitors. Kieve's Allagash II cabin had caught up to us! They pulled up, set up camp, had their dinner and then we all played games, made a fire, toasted marshmallows, and talked late into the night.

Day 10 – Rest Day # 2

We woke up at the same time as the Kieve boys at 9:30, both camps had oatmeal for breakfast, and then we Wavus girls relaxed as the boys packed up and headed out onto the river. It being our rest day, we swam, slept, read, and hung out all day with a lunch of "grilled cheetahs" or grilled cheese on pitas to break up our day of

relaxation. At 6 we all went swimming and then made a dinner of pasta with red sauce, pepperoni, and cheese. It started raining just as we finished dinner but we didn't mind, we just headed off to our tents for the night.

Day 11 – Civilization!

We woke up at 6 to the sound of rain which was a little disappointing, but we all huddled under the tarp for breakfast and tried to cheer each other up. We ate cereal and had hot chocolate and waited for the rain to lighten up a little. It actually stopped after a bit and we loaded the canoes and headed on down the river. It was pretty fun weaving in and out of the big rocks in the river, until we got stuck on a few of them. It wasn't a hard paddle and there were some fun rapids along the way. The sun came out just as we arrived in Allagash Village. We pulled up to the McBairty's campsite and after setting up camp, we headed down the road to a little diner where we had an awesome lunch of French fries, pizza, and soda.

After lunch we headed back to our campsite full and happy. We relaxed and read for the rest of the afternoon. Some of us counted our bug-bites! We made Mexican rice with pepperoni for dinner, and as an after-dinner snack, we made popcorn!

Day 12 – Last day!

We had a late wake-up today, and after breakfast, hit the water at 10:30. We were paddling on the St. John River at this point as we had officially completed the Allagash Wilderness Waterway on day 11! It was hot and sunny and the river was super wide and deep with lots of fun little rapids. We took our time getting down the river, paddling slow and just relaxing in the beautiful weather. We reached Pelletier Campsite at around 2, set up

camp, and had grilled pitas with peanut butter and Nutella for lunch. We all lay around reading and swimming for the rest of the day waiting for Belinda to come. She arrived right around dinner time, bringing us fixings for quesadillas and soda. We told Belinda all about our trip while we ate dry s'mores. We all went to our tents around 8, but everyone stayed up talking about our fantastic trip.

Day 13 – Back to Wavus!

We woke up at 7:30, had Honey Bunches of Oats and soy milk for breakfast and then got very confused when we realized that we didn't have to paddle today! We loaded up the canoes onto the trailer, packed our gear into the van, said goodbye to the river, and finally hit the road to Wavus!



Iroquois “Community”

HBC: Helena Turner

JC: Katie Jacobs

June 29 – 100 Mile Wilderness

Day 1

Today we set off after breakfast in the van for the Hundred Mile Wilderness! The van ride was about 3 hours long and at last we were dropped off at the Route 15 put-in. Then we hiked about 3 miles to Leeman Brook lean-to and set up our campsite. After a nice lunch of sandwiches, apples and oreos, we explored the brook until dinner – chicken fajitas! It rained twice, but we managed to stay semi-dry and made some scrambled brownies for Lilly’s birthday! Overall it was a very good day for Iroquois.

Day 2

We woke up at 5:30 to begin our first full day of hiking. After a breakfast of bagels and cream cheese, we set out on our 7.4 mile trek with high spirits. Our pace was slow because we weren’t accustomed to the hiking yet. We encountered our first river, James Brook, which was troublesome. Once we reached the other side, we ate a scrumptious lunch of pepperoni and cheese. We traversed 2 more rivers that day; both had ropes across and were easy. We reached the campsite before 2 other groups and had a relaxed afternoon followed by English muffin pizzas. After that long day, we went to bed early.

Day 3

It took about 9.5 hours to the 7.9 miles to the Cloud Pond lean-to. The weather has been really inconsistent with rain showers and wind, but thankfully it was extremely clear at our peaks for today and we were able to take some amazing pictures. Our day was filled

with small river crossings (not as bad as prior days but just enough to get our socks wet). We were all happy with our Honey Bunches of Oats with dried fruit breakfast, granola bars snack, PB&J & nutella lunch, and, especially, our fantastic soup (because it got so cold we had to take out our warm hats) with dessert of peanut butter and S&M’s. Today was not nearly as bad as we’d thought and we are all looking forward to the days ahead.

Day 4

We started the day with a steaming bowl of potato pearls and cheddar cheese. We all bundled up and sat in the sun until we were ready to go. We hiked until the top of Fourth Mountain where we snacked on granola bars and snapped lots of pictures. We didn’t realize until Third Mountain that Bethany’s camera was missing but it was too late to go back for it. We continued on until West Chairback Pond to eat energy bars for lunch. We arrived at the campsite around 4 pm and got started right away making dank (mac & cheese) with bacon bits. The dank was delicious, and we went to bed with full bellies.

Day 5

We woke up at 4:30 am at Chairback Gap lean-to. It was such an early start because we are getting resupplied today! We made it up Chairback Mountain in record time then made our decent down a steep hill in order to get to a logging road before 9 am. Belinda was there and she brought us our food for the next part of our trip, mail, and snacks! We spent almost two hours there, eating and reading our letters. Before we knew it we said goodbye to Belinda and hit the trail again with full packs, eager to conquer the next leg of our journey! Soon after

resupply we had a short river crossing, then a six-mile climb to our campsite. The weather was hot but we sang songs in order to make it go by faster. After a lunch of turkey and cheese on Boboli's the time went by quickly, and we finally arrived at Carl A. Newhall campsite. We got to wash in the river, which put us all in a good mood, and then we had yummy cheeseburgers for dinner! Most of us had hot chocolate for dessert, and we went to sleep proud to have made it past resupply. What a great day!

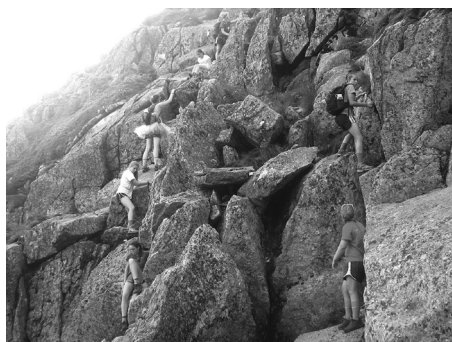
Day 6

We woke up this morning at the Carl A. Newhall lean-to bright and early. We ate breakfast sandwiches with bacon and cheese, and then headed up the trail. We stopped for a well-deserved snack break of oreos and candy we got from resupply at the top of West Peak. We then proceeded to push ourselves hard all the way

up to the top of White Cap. We ate PB&Js then soaked up the sun while we napped on the rocks. From White Cap we had an easy downhill to Logan Brook lean-to and ate pesto pasta. We celebrated the 4th of July with sparklers and glow sticks.

Day 7

Today we hiked 11.7 miles from Logan Brook lean-to to Cooper Brook Falls lean-to. After a breakfast of bagels and a mouse's visit to the cream cheese, we set out on what seemed like almost flat terrain after the four mountains we'd climbed yesterday. We spent most of the day hiking through thick forests, a change from the alpine environments of the mountains. Once at the lean-to, we enjoyed a refreshing swim below a thundering waterfall. We had fiesta rice for dinner, followed by some late-night tea and bedtime.



Day 8

Today has been a fairly good day but we are tired after over 11 miles of hiking. Luckily we were allowed to sleep in until 7! The terrain was very flat and monotonous. The heat was almost unbearable, as were the bugs, and it made for some moments of temporary distress. (Note to future Hundo campers: bring a bug net!) However, we had lots of fun at the end of the day, eating the S&M pancakes our counselors made, yum! Now it's time to get to bed because we have another long day ahead of us tomorrow.

Day 9

We were all excited when we woke up this morning because it was Drew's 16th birthday! For breakfast we had a delicious meal of couscous, especially when seasoned with brown sugar, raisins, and alfredo sauce! When we started hiking, the terrain was flat and we were fast moving, but as the day progressed so did the heat. Our supposedly "flat!" day turned into being quite up and down. Even with the frustration we felt, we made it to the sandy beach in time for a late lunch of peanut butter and jelly on pitas. We got to go swimming in the lake, and Helena and Katie surprised us with Hershey and Kit Kat bars! After our nice break we continued on a short ways to Wadleigh Stream lean-to. For dinner Helena and Katie cooked quesadillas, which made everyone happy. After a birthday song and a batch of scrambled brownies, we used sparklers to celebrate Drew's sweet 16! Even though it was a challenging day, we were all happy by the end of the night.

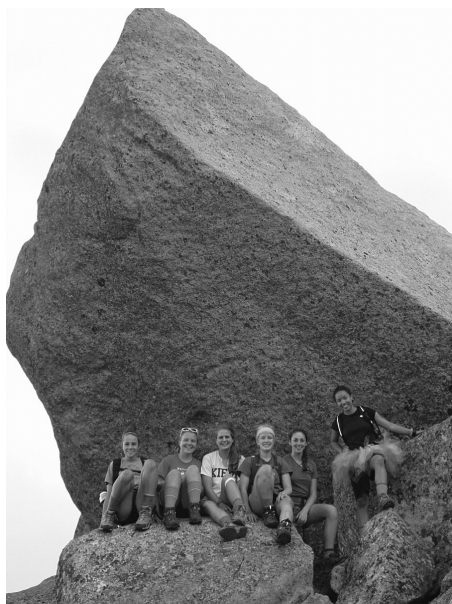
Day 10

We woke up extra early for our longest day yet, 11.9 miles! Luckily

it was gorgeous weather, so we were in great shape for a long day. We had granola and pow cow for breakfast. We quickly made the summit of Nesuntabunt Mountain, where we met a group of super hardcore gym teachers who wanted to add the Hundo to their curriculum. We had a snack of bars and carrots and took many pictures, most of them involving Katie. Emily and Drew also serenaded us in harmonious voices on the way down. We hiked for a solid 2 hours before taking a quick break at Pollywog Bridge. We set off for lunch at Rainbow Stream lean-to and covered 2.5 miles in an hour! Lunch was quite enjoyable because we got to swim and sit in the stream. We ate pep and cheese and carrots. We set off to our campsite and arrived about 2 hours later. The lake at Rainbow Spring lean-to was pretty but had many leeches. Lindsay and Drew made us a delicious meal of fiesta rice and we enjoyed it thoroughly despite the large swarms of horse flies. We hit the tent early because we were so tired.

Day 11

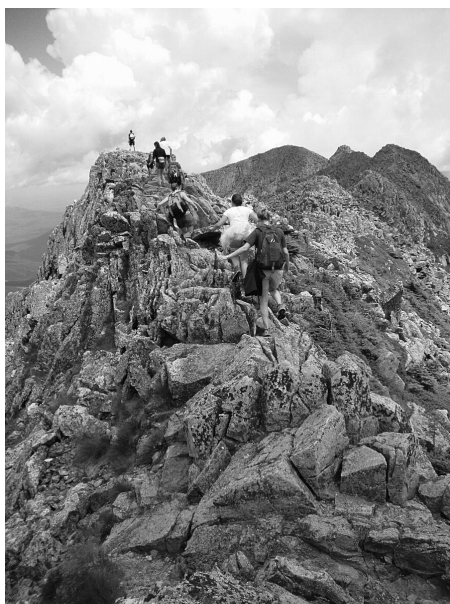
We started the day with a wonderful batch of oatmeal. We set out all incredibly excited to be finishing the Hundred Mile Wilderness and with high hopes for the store later that afternoon. But before our long-anticipated treat that afternoon, we had to cover 11.8 miles. The terrain was fairly flat except for Rainbow Ledges and a few smaller hills. The day went by very quickly and we hiked fast. We made it 7.7 miles before lunch, which we ate at the last lean-to in the Hundred Mile Wilderness - Hurd Brook lean-to. Lunch was Clif bars and we had 3.5 miles of the Hundo left. Once we got to the road, we had .1 mile to go to our campsite at Abol Pines. We then bought



microwave cheeseburgers, candy, and drinks at the store for dinner and went swimming in the Penobscot River.

Day 12

We woke up early for our final day of backpacking and had a quick breakfast of pop tarts before setting off in the rain for the last 9.9 miles to Katahdin Stream campground. The rain kept us cool throughout the morning, but we were able to enjoy our lunch of peanut butter and jelly on wheat bread (not pitas!) in the sun. As we sat by the side of the trail finishing our sandwiches, we heard a group of hikers approaching. As they appeared around a bend in the trail, we realized it was the girls of Abenaki doing a day hike in Baxter! We were very happy to see them and began exchanging stories of our trips and news from camp. We then continued on to our campsite and were able to put our packs down for the last time. Some people also at Katahdin Stream had some extra spaghetti and meat sauce and were generous enough to share with us, so we had that plus our



dinner of Ramen noodles. It was a relief to finally be at the base of Katahdin!

Day 13

Today was our rest day, so we were able to sleep in. We had a breakfast of oatmeal and pop tarts and lazed around for the morning before Sara Taylor and Liza arrived with lunch! We had meat sandwiches with all the fixings before going to the water slides, where we saw a Long Voyage group from Kieve. After slipping and splashing on the slides, we went back to the campsite where Sara and Liza prepared us a delicious dinner of steak and cheese subs, pasta salad, and green salad. We went to bed early to get some sleep before Katahdin!

Day 14

We woke up just as the sun was rising for a quick breakfast of Honey Bunches of Oats and milk (not pow cow!) and to pack up all our stuff and were on the Hunt Trail by 6:30am – the summit of Katahdin only 5.2 miles away! We climbed up the boulders of the Hunt Trail before reaching the tableland and the ridge before the summit, where we

donned our tutus. Around 11:00, we all victoriously touched the summit sign and began taking photos. On the summit, we met Sara and Liza, who had hiked up the Cathedral Trail after driving the van around to Roaring Brook – they did this so we could hike the Knife Edge and then down to Chimney Pond, not back down Hunt. After lunching on Clif and Luna bars, we started across the rocky Knife Edge to Pamola Peak. We then headed down the Dudley Trail to Chimney Pond, and finally to the Roaring Brook parking lot. We piled into the van around 4:30 pm after our epic day of hiking. We stopped for dinner at an Applebee's around 8 pm and finally got back to camp around 11:15 pm. It had been a long day, but the summit of Katahdin and the scramble across the Knife Edge were worth it! Some of us showered once we were back at camp, and all of

us fell into our beds exhausted. It was bittersweet: our trip was over, but we had all been successful and were glad to be back at Wavus!

July 15 - Hog Island

After packing lunches and snacks, we piled into the van around 9am to drive to Bremen. We took the Snowgoose to Hog Island where we spent the morning doing various service projects: trash clean-up along the coast, clearing trails, and making campsites. We met some cabins from Kieve over on Hog and shared the work. After enjoying our lunch, we jumped off the roof of one of the houses into the refreshing ocean. In the afternoon, we continued with the service projects from the morning. At 3:30 pm the Snowgoose came back to pick us up and we headed home. After a stop at J Scoop, we came back to Wavus.



Trip Logs - Session 2

Junior Wavus Responsibility

Bremen/Hog Island/Snowgoose

HBC: Amy Gould

JC: Kelly Gould

JC: Seaneeba "Neebie" Thompson

August 5

The Responsibility cabin left for our Hog Island Trip on August 5th. We drove to Bremen where we boarded the Snowgoose for a short ride over to Hog Island. When we arrived we set up our tents, trying to beat the rain and we were successful. We ate a lunch of ham and cheese sandwiches with a side of carrots and string cheese, and then played a few cabin games.

After we were settled and our tummies were full we went on a hike around the island. Frances Robinson, an Environmental Education Coordinator on Hog Island, joined us for the building of fairy houses. When the ocean was at high tide we decided to go swimming. The campers enjoyed jumping off the edge of the dock into the very cold ocean water. Our busy afternoon made us really hungry for dinner. We made chicken fajitas and everyone seemed to enjoy them. We spent the rest of the evening together in our tents relaxing and enjoying each other's company and building friendships.



August 6

Day two of our trip we woke up at around 7:00 am, took down our tents, cleaned our campsite, and got ready for a fun day on the Snowgoose. We boarded the lobster boat at 10:00 am and spent the day on the boat reeling in lobster traps, swimming and jumping off the roof on the boat. We headed back to camp around 3:30 pm, but of course, stopped for ice cream on the way home. Our cabin really enjoyed our trip together, as it was a time to learn about nature, each other, and ourselves.





Junior Wavus Respect
Bremen/Hog Island/Snowgoose
 HBC: Erin Birmingham
 JC: Aileen Hurd
 JC: Emory O'Donnell



August 5 - Hog Island

We woke up today excited and a little nervous for our trip to Hog Island! This morning was overcast and a bit foggy as we finished packing and went to the Jewell for breakfast. We spent the morning laughing, singing, and dancing, as today is the Wavus Wedding here at camp! We had a great time before heading back to our cabin to get our gear and load the van. Our dancing and singing continued on throughout our 30 minute drive to Bremen, where we met Captain Bill and his deck hand, Troy. They welcomed us and helped us load our gear onto the Snowgoose. Then, it was only a short ride to Hog Island!

Once we arrived, we worked together to set up camp. Many of us had never pitched a tent before, but we were ready and eager for the challenge! We did an awesome job working as a team! Then, we played games and explored the island until lunch. We made bagel pizzas on the grill, YUM! After we ate, we did some more exploring and swam off the dock. Some of us even climbed onto the porch roof and jumped into the ice cold ocean water! We had lots of fun laughing and playing, and meeting Ryan Pelletier and Frances Robinson, Environmental Education Coordinators on the island. They showed us around and took us to the lab where we learned about Maine wildlife and the history and preservation of the Hog Island. Then, Frances took us all for a nature walk around the island and we spent time in the woods building



fairy houses! We were so proud of our elaborate creations! After playing in the woods for a while, we headed back for a yummy dinner of pasta followed by an intense game of freeze tag. We really worked up a sweat, which called for more swimming! This time, we chanted the Respect cabin counselors until all three of them jumped off the roof together! The Responsibility cabin campers inquired as to how they could convince their counselors to do it, too! Alas, it was getting late and the sun was going down. The tide had come in and we were unable to make a campfire on the beach, so we decided to make s'mores on the grill instead. It was quite an adventure but we all headed off to bed happy and exhausted from such an eventful day.

August 6 - Snowgoose

We woke up early this morning to blue skies and sunshine. We took down our tents and packed up camp before making breakfast of oatmeal and hot cocoa. After breakfast, we still had a couple of hours before the Snowgoose

would arrive to pick us up, so we decided that it was a perfect time to jump off the roof again! While we were jumping off the roof, we saw Mic-Mac cabin paddle by in their kayaks, having recently returned from their AT Sea trip! We welcomed them back warmly while they pulled up their kayaks and joined us for roof jumping. Around 10 am, Captain Bill arrived for an adventure aboard the Snowgoose. We hauled a few lobster traps and were able to play with the lobsters. We also saw islands covered with seals! Captain Bill stopped for a bit so we could swim off the boat. Many of us jumped off the roof of the Snowgoose! We were surprised afterwards when Captain Bill gave each of us a candy bar. We ate lunch aboard the boat and continued swimming and lounging in the hot sun all afternoon. Around 3:00, Captain Bill dropped us off in Bremen and we loaded the van and headed to Round Top for ice cream! We had a great time on our trip and were sad to see it come to an end! Until next year.

Junior Wavus Courage Bremen/Hog Island/Snowgoose

HBC: Kate Adair

JC: Julie Walters

JC: Melissa Wider

August 2

Courage Cabin woke up to another beautiful morning here at Wavus. After another wonderful Wavus breakfast, we all piled into the van to head out to our overnight trip on Hog Island. We arrived at Bremen Landing around 10 am where we were met by Captain Bill who helped us load our gear onto the Snowgoose boat. A quick ride across the bay brought us to the sun washed

docks of Hog Island where we were greeted by Ryan Pelletier and Frances Robinson, Environmental Education Coordinators on the island.

We carried all of our gear up to a small clearing in the forest that opened up to a beautiful beach. The campers assembled themselves into groups and began to set up their tents. After settling in, the girls took to the woods to build fairy houses. After lunch, Ryan and Frances led us on a hike around the Island. We spent the afternoon winding through the woods and stopping occasionally to play in the ocean. When we returned back to the campsite, we got into our swimsuits and jumped off



the docks. After a meal of hamburgers and hot dogs, we built a campfire on the beach. Around 9 pm we got into our tents and had a good night's rest.

August 3

In the morning, we packed up and were picked up by Captain Bill for a day on the Snowgoose. We had an exciting day pulling up lobster

traps and jumping off the roof of the Snowgoose. Everyone was tired from such an eventful day and we headed back to Bremen Landing. Our trip was not complete without a stop at J Scoop for ice cream! We headed back to Wavus a little more tired than we left, but had bonded so much as a group.

Junior Wavus Kindness Bremen/Hog Island/Snowgoose

HBC: Sophie Gray

JC: Tegan Mortimer

JC: Carly Reed



August 2

Kindness cabin's overnight trip to Hog Island started off well. We were joined on this trip by the girls of Courage Cabin and their counselors. The girls started packing the day before so it was fairly easy to load

up the van and set off on the short drive to Bremen Landing, the camp's oceanfront property. We were met by the Snowgoose to take our gear across to Hog Island, a Maine Audubon property in Muscongus Bay. Once we arrived the girls split into tent groups, three or four girls per group and got down to setting up our tents.

After a lunch of peanut butter and jelly sandwiches, Ryan Pelletier and Frances Robinson, Environmental Education Coordinators on the island,



gave the girls an introduction to the island and the wildlife that is found there. The girls had enormous fun exploring the island's laboratory which houses a number of examples of Maine wildlife from horseshoe crab shells to loons and puffins. The girls changed into their swimsuits and we took off on a short hike to a beach across the island. We swam, made sand castles and played Frisbee until the tide coming in forced us to start the trek back to camp. At camp the girls spent the rest of the afternoon jumping off the dock, playing games and picking wild raspberries. We sat down for a dinner of chicken burgers and grilled cheese and played more games and caught hermit crabs on the beach by our campsite. At the end of a long day we settled down for some well-earned rest.

August 3

The next morning we woke up to a beautiful morning on the Maine coast. We packed up our things, took down our tents, and then got down to a breakfast of oatmeal and granola. The Snowgoose met us to take all our gear back to Bremen and then to take us on a tour of Muscongus Bay. The Bay is really beautiful and there are lobster buoys everywhere you look so it isn't very strange that one of the major activities the girls enjoyed was helping to haul up some of Captain Bill's lobster traps. We caught a few lobster which the girls got to hold (once their claws had been securely banded) and take their picture with. The Captain also showed us a little rocky island that was completely covered with seals much to the girl's delight and a bald eagle nest.

At Hall Island we set our anchor and had lunch of peanut butter sandwiches

and the girls began the famous Snowgoose tradition of jumping off the roof. It's an annual competition to see who can jump off the most times; with some campers reaching numbers in the 100s. Unfortunately for our girls the day had gotten a little cloudy and Muscongus Bay water is not well known for its balmy temperatures so more girls preferred to stay on the boat rather than venture into the water. After the appetite for jumping had been fed we headed back to Bremen at the end of successful trip with 13 very tired but happy little girls. Of course this didn't mean we couldn't stop off at J Scoop for ice cream on the way home!



Algonquin "Unique"

HBC: Colleen Donovan

JC: Mads Sneedan

JC: Nana Mensah



July 27 - Snowgoose

The girls were so excited for our trip on a lobster boat, the Snowgoose. The Snowgoose leaves Bremen landing and takes us around the Muscongus Bay. We got up at our normal wake-up time of 7:20 am. The campers had already packed their daypacks the night before with their towel, sunscreen, water bottle, sweatshirt, and rain jacket. We went about our normal morning routine with flag and breakfast at Wavus. After breakfast we packed up our sandwiches and snacks like apples, Oreos, and granola bars. We packed the girls and our backpacks into a van and drove a half hour to Bremen landing where the Snowgoose awaited us. Once at Bremen we met Captain Bill, and our deckhand, Troy. Captain Bill and Troy got us situated with lifejackets and stowed our belongings

underneath the deck. We departed Bremen around 10:00 am and started enjoying the beautiful sun and ocean all around us.

Captain Bill had a dog, Zelda, on the boat which the girls adored. We boated around checking Captain Bill's lobster traps. The girls loved discovering what they would find in each trap. Next, we sailed out to Eastern Egg Rock, a bird island, where we saw puffins and seals! Captain Bill told us we were the first group he ever took out to this spot so it made it extremely special. After we anchored at a calmer spot where the girls could jump off the boat. We ate our lunch and a snack and then the girls started a marathon of jumps off the roof of the boat. The water was cold but very refreshing. Everyone in the cabin jumped off! We continued to swim, read, and relax for the next couple of hours. Around 2:30 pm Captain Bill started to bring us back to Bremen landing. We docked and unloaded all of our gear and repacked it into the van. We surprised the girls with a visit

to J Scoop on our ride home. We had a great time and were grateful for such a beautiful day out on the water.

July 30 – Camden Hills

Day 1

The night before our trip to Camden Hills we got the campers packed and ready to head out the next morning. We packed our backpacks with quick dry clothes, sleeping bag, sleeping pad, hiking boots, hat, bug spray, sunscreen, and water bottle. The girls even laid out the clothes they were going to wear the next day too. We awoke on the day of our trip at 7:20 am and got ready and went to flag and breakfast at Wavus. After breakfast we made lunches either peanut butter and jelly or turkey and cheese and then packed a fruit for a snack. We all helped load the food, cooler, tents, and Coleman stove into the van. After all the gear was in the van, we had just enough space to fit the girls! We headed out in our jam-packed van at 9:15 am to Camden Hills. The ride was about an hour and when we arrived at Camden State Park were we checked in and found our campsite. At the campsite we unloaded and placed our gear about the area. The girls learned how to set up their tents and find a durable area to put the tents. The girls then settled into their tent and had some ‘tent time’ where they hung out and played some games. We ate our lunch around noon and then packed a few things like our water bottle, hat, and sunscreen and ventured over to Mt. Battie for our first hike!

Mt. Battie is about a mile hike with lots of pretty views overlooking the Penobscot Bay. At the summit there is a lookout that views the town of Camden, the harbor, and the Penobscot Bay. We enjoyed the view and came

upon a Kieve group hiking Mt. Battie too. We hiked down and decided to spend the rest of the afternoon at a shore trail which led us to a rocky beach. We enjoyed the afternoon at the beach eating granola bars the girls made in Cooking Class at Wavus.

At about 5:00 pm we hiked back to the campsite and changed into comfy, warm layers and prepared water on the Coleman stove for pasta. We also had carrots and celery for a healthy side dish. The girls devoured the food and were eager for a fire and s’mores to follow. We made a great fire and roasted the perfect marshmallows for a scrumptious s’more. Once we finished the s’mores, we got ready for bed.

Day 2

The girls awoke early just before 7 am but we didn’t officially get out of our tents until 7:45 am. We ate breakfast on the hills overlooking the ocean. We had oatmeal and granola bars. The day was looking like a hot one, so we decided to head out for Owls Head Light House. We packed up everything at our campsite and drove about a half hour to Owls Head. The lighthouse overlooks the southern part of Penobscot Bay. You could see all types of boats in the marina. We ventured over to a beach nearby where the girls found crabs and other small sea creatures. We made lunch on the beach and then headed back towards Damariscotta where we stopped by at Damariscotta River Association’s Music Festival. We listened to a band and relaxed in the hot, beautiful air. We finished the trip with a stop at Round Top Ice Cream which was voted the best ice cream every by Algonquin camper. With ice cream encircling most of our mouths, we arrived back at camp, cleaned the van and unpacked our gear.

August 5 - Bremen/Hog Island

Day 1

Since the camper had already gone on an overnight camping trip they knew what our Bremen camping experience would entail. We packed our backpacks with all of our necessary quick dry clothes and equipment for our trip the night before our camping adventure! The day of our trip we did our morning routine of flag and breakfast at Wavus. Afterwards we packed peanut butter and jelly sandwiches for the day with a piece of fruit and granola bar. The weather was quite dreary and overcast so we gathered some games for our trip as well. We then packed our stove, tents, and our food with our cooler.

We departed Wavus around 10:00 am and arrived at Bremen around 11:00 am. The weather at Bremen was the same but quite foggy so it left us with doing only land activities since the visibility was too poor for kayaking. After unpacking our belongings, we settled in and decided to make a fire earlier in the day. The fire was nice because the sun wasn't out to warm us up. For a fun surprise, we decided to roast marshmallows for s'mores in the afternoon! The girls loved this and started to perfect their marshmallow roasting skills. Their skills were successfully mastered on this trip. Later the girls worked on making up a skit that they were to perform for the counselors. It was quite entertaining and all of the campers got involved! We made a delicious dinner to end the day, pasta with veggies, cheese, and pepperoni. This is a meal liked by all in the cabin. After dinner and cleanup, the girls had a bit of tent time to finish the day and then were read to as they fell asleep.

Day 2

The girls woke up early to a beautiful day at Bremen. The fog had cleared from the day before and it was warm even at 7:00 am when the girls had started to move around. We boiled water for oatmeal and had bagels and cream cheese for breakfast. Mic-Mac Cabin arrived that morning at Bremen and was finishing their last day of their eleven day trip. After breakfast the girls packed up their bags and sleeping bags and we prepared to kayak over to Hog Island just across the bay. The day was warming up to a hot, hot temperature which was perfect for a kayak ride. Once we arrived at Hog Island we pulled our boats ashore and went over to the boat dock and jumped in! The water was so very refreshing. The girls swam for a while, cheering each other on to keep jumping in.

After we took a look around the island, there were three buildings all which had a lot of information and models of animals that inhabited the island. Hog Island is owned by the Maine Audubon Society so there is a plethora of information to learn about. We took a nature walk around the island where we made fairy houses along the way and saw gorgeous views all around the island and its pretty beaches. We made a loop around the island and came to a beach where the girls learned about sea fleas and how they were edible. Some of the girls were adventurous enough to try them! We continued our walk and finished the loop back to the dock with enough time to go for our last swim of the day. We then kayaked back over to Bremen and loaded all of our camping gear into our van and headed back to Wavus with one pit stop, J Scoop!



Mohawk “Creative”

HBC: Marian Buzon

JC: Roni Misloski

JC: Ruth Solow

July 28 - Primer Trip - Camden Hills Day 1

Going to Camden Hills was great. After a long van ride, we unpacked and had a race to see who could set up their tent the fastest. Next we hit the trail! After an hour and a half of hiking, we reached an amazing ocean lookout point half a mile from the summit of Mount Megunticook. After our hike we were really hungry, so we had pasta with broccoli, cauliflower, and cheese sauce for dinner. For dessert we roasted s'mores over the camp fire. After dessert we got in a circle and played “Rose Bud Thorn,” where we talked about the highs and lows of our day. The first day of our primer was lots of fun!

Day 2

Today we had a blast! We started out by waking up to a beautiful sunny day. For breakfast we had Honey Bunches of Oats. Then we packed up our tents and our bags, and hit the trail again! It took the whole day to climb Mount Battie because we hiked for a while to get to the mountain. For lunch we had peanut butter and jelly sandwiches. We hiked back down and hopped in the van and headed back. But not before a trip to J Scoop, where we all got ice cream cones!

- Betsy Dietze

July 31 - Hog Island

After a short van ride to Bremen landing, we got our PFDs on and our kayaks in the water. We paddled for about 15 minutes to get to Hog Island. Roni saw a seal on the way! Once we got to Hog Island, we met Ryan

Pelletier, an Environmental Education Coordinator on the island and our tour guide. He told us the history of Hog Island and what type of plants and animals are on the island. There was even a room with models of all the animals. They were really cool! Next, we had a really hard paddle over to two small islands near Hog Island. We explored the first island, played “Ninja Destruction,” and sang “Lean on Me.” Then we swam to the other island. The water was so cold, and there was so much seaweed in the water! Ryan showed us around the island, and we climbed on a lot of rocks. We even got to jump off of some! After that, we paddled back to Hog Island for lunch. We had peanut butter and jelly sandwiches, and some cookies from Moody’s Diner that my (Ruby Kate) mom sent me. After lunch we got to go dock jumping because it was high tide. Some of us even jumped off a roof! After that we went on a short nature trail around the island. It went through a swamp. After that we paddled back to Bremen landing, got in the van, and drove back to Wavus for dinner. Hog Island was so much fun!

- Ruby Kate Gray

August 3 - Acadia National Park Day 1

On the first day, after a long three hour drive, we arrived at Acadia National park. We walked up the 52 steps to the visitors’ center and checked out the gift shop. We looked at a 3D replica of the entire park. We ate our peanut butter and jelly lunch outside of the center, and got back in the van to get to our campsite. We set up our tents and got organized. After that, we went on a nature walk to a rocky beach, which was really fun! Afterwards, we



ate quesadillas for dinner. For dessert we each had to “sing for our supper” by impersonating different counselors. Whoever did the best impression got to get dessert (doughnuts) first. The first day was really fun!

Day 2

On the second day, we woke up bright and early, eager to climb Cadillac Mountain, which is 1,530 feet! We ate oatmeal for breakfast, and did our best to eat everything in our bowl because we wanted to practice the Leave No Trace principles. Then we got on our hiking shoes and socks, our quick dry clothes, and our daypacks, and headed for the Jordan Pond Nature Loop, which was about a mile. Next, we went to the Wild Gardens of Acadia, and ate lunch there. After lunch, drove to the beginning of the Cadillac Mountain trail, and hiked all the way to the summit! The view at the top was beautiful. We all had a great time!

Day 3

On the last day of our trip to Acadia

we drove up to the summit of Cadillac Mountain to see the sun rise. The sky was pink and red, and it was very beautiful. Afterwards, we went to the beach and the water was so cold. We all felt like our bodies were going numb! We had a great time on the beach, had lunch, and drove back to Wavus!

- Anna Patricelli, Jordana Roet,
and Tiki Haub

August 10 – Snowgoose

Today we all got in the van and drove to Bremen, where we were boarded the lobster boat, called the Snowgoose.

Together the cabin jumped off the top of the boat 239 times, a Wavus record!

We caught a few lobsters, but only one of them was big enough to keep. We named her Barbara. After jumping off the top of the boat and eating lunch, we went puffin watching and saw a few puffins! On our way back to camp, we stopped for ice cream at J Scoop! It was a really fun day.

- Zoey Deutsch

Cheyenne “Carefree”

HBC: Liz Jone

JC: Jozy Blanck

July 26 - Primer Trip

Mt. Blue State Park

Day 1

Our first camping trip of the session and the Cheyenne cabin was ready to go! After breakfast at Wavus, we filled up the van and started our journey to Weld, Maine. We arrived at Mt. Blue State Park and set up our tents and campsite before lunch. We had a spacious campsite with access to a sandy beach on Webb Lake. After lunch a ranger from the park brought us on a short nature walk and taught the group about the trees and plants

along the way. We then explored the nature center where we enjoyed hands on activities about nature. During the afternoon many campers went swimming and we all reviewed the methods of Leave No Trace (LNT). By the time dinner came, everyone was so hungry that each camper had three helpings of pesto pasta with pepper, tomatoes, and onions. We then played some circle drama games and had a fire with everyone’s favorite camping treat, S’mores!

Day 2

Wake up time was around 7:30 AM this morning, the sky was sunny and the temperature was 75 degrees. We ate hot oatmeal and for some of us it was the first time trying oatmeal during a

camping trip. We practiced LNT by cleaning our bowls with pine needles and scattering the dirty water in the woods. We also packed up everything in our campsite and scanned every inch of it for left-behind items. We planned on going for a hike up a nearby mountain and prepared our daypacks with full water bottles, snacks and lunch. The hike took us about two hours to summit, which was worth the beautiful views of Maine's Western mountains. The top was windy so everyone had to stay seated, protected by boulders while we ate lunch. The hike down went quickly and we made it back to Wavus in time for dinner, but not before we stopped for ice cream at J Scoop with happy campers!

July 30 - Snowgoose

We could not have asked for better weather for our day on the Snowgoose! Having packed our daypacks the night before, we headed to flag eager to start our day. After a filling breakfast we made sandwiches for lunch and loaded into the van. We arrived at the Kieve-Wavus Bremen Landing around 9:30, with enough time to fill up water bottles, fit life jackets, and put on



sunscreen before Captain Bill and his First Mate Troy showed up. Our trip began with pulling up ten lobster traps. There were plenty of sea creatures in the traps, but only three lobsters were the right size to keep. These three became pets of the boat, along with Captain Bill's dog, and were passed around for picture opportunities once their claws were rubber band closed.

After we had pulled up the lobster traps it was time to explore Muscongus Bay. On our way to see the puffins we stopped by a rock that was scattered with seals, bathing in the sun. A quick boat ride seven miles out into the ocean led us to an island where the Maine Audubon observes puffins. Through binoculars everyone got an up close look at the beautiful puffins with their bright orange beaks. After a visit with the puffins we stopped at a sheltered part of the bay between two islands to eat lunch and do some swimming. The girls got to jump off the roof of the boat into the frigid water, and did so approximately 172 times! All tired out from sunshine and swimming we headed back to Bremen with a new adventure under our belts. We got back to Wavus just in time for General Swim, to wash off the salty water and refuel with a delicious dinner. It was a perfect day on the coast of Maine!

August 4

Damariscotta Lake Canoe Trip

Day 1

We woke up an hour early ready and energetic about starting our trip! By 8:30 AM we were off in our canoes heading South on Damariscotta Lake. Sixty seconds after we left Wavus, rain droplets started and before we made it to the Wavus Point it was down pouring! This didn't put a damper

on our spirits though! Every girl had their rain coats on and started singing songs and paddling harder. The rain only lasted five minutes. The water was smooth as glass and we were starting to see blue sky ahead. We had a relaxing canoe ride to the Finnemore's campsite. This gave us the opportunity to perfect our canoe strokes for the rest of the trip. We covered about three miles in two hours flat. This gave us time at the campsite to swim, play with natural clay and practice t-rescues in shallow water. In the late afternoon we rested around the campsite, ate dinner and explored the neighboring field.

Day 2

Another early morning for the Cheyenne group! We woke up, packed up our stuff and ate toasted bagels. We were in our canoes again by 8:30 AM heading North on the lake. The sky was cloudy, but the water was calm. We enjoyed seeing loons, ducks and singing songs along the way to our next campsite. By 11:15 AM we arrived at our campsite on Davis Stream in Jefferson. After setting up tents we ate lunch and had a rest hour before heading out for afternoon adventures. We then ventured out again in our canoes and ate ice cream at J Scoop and went swimming at Damariscotta Lake State Park. We spent a little over an hour in the park where there was a sandy beach and a small playground. After the park we went on a short canoe paddle around Davis Stream then headed back to the campsite to have delicious burritos for dinner and went to bed early to rest up for our last day of the trip.

Day 3

We woke up this morning to the sound of bullfrogs and river wildlife on Davis Stream. The Cheyenne cabin was

excited to get back to Wavus, but we still had a long canoe paddle ahead! We enjoyed hot oatmeal and had another early start in our canoes. Along the river a few of us took a quick dip in the river to cool off for our lake paddle. When the river opened up to the lake the wind started picking up a little, but we were still able to progress. We continued to paddle until we were in the calm waters of the double islands. It was about an hour into our paddle, so we took a long break and enjoyed our homemade granola bars that the cabin made in Cooking Class. After our break Wavus seemed so close we were all power paddling and anxious to get there! About an hour later we started singing Wavus songs and waving to other campers while we paddled around the point. Arrival time was around 11:30, which gave us time to clean up our trip gear and have lunch with the Wavus community.

August 10 - Hog Island

Once again Cheyenne was blessed with perfect weather. The sun was shining as we woke up and headed to flag, bags packed for a day at Hog Island in Muscongus Bay. Eating breakfast was all that needed to be done before we piled into the van for yet another adventure. Arriving at Bremen landing at 9:30 we put on sunscreen, filled water bottles, fitted life jackets, and pulled kayaks to the shore. Hog Island was a brief and peaceful kayak on the calm waters. On the way there we even spotted a seal, poking its head out of the water.

Upon arrival, we were greeted by Frances Robinson and Ryan Pelletier, Environmental Education Coordinators on Hog Island. We learned about the history of the island and the wildlife

it supports and yes, there once were hogs farmed on it! After learning about and seeing some of the animals that live in Muscongus Bay it was time to get in the water. The girls spent until lunch enjoying jumping into the water at high tide, playing categories all the while. Next we ate lunch and took the time to refill our water bottles and reapply sunscreen before getting back in our kayaks. Frances brought us on a short paddle to another island with cool rocks the girls could jump off of. This island just happened to be where Narragansett was spending the day! It was so exciting to see Narragansett in the middle of their trip, hear about their travels, and tell them what we had been up to at camp. After visiting with the Narragansett girls and finding critters in the tidal pools it was time to head back to Hog. When we got back to Hog Island the girls were amazed at how different it looked now that it was low tide. Where they had earlier been jumping into ten-foot waters was now only two feet and the beach had quadrupled in size. We thanked Frances and Ryan, packed up our things, and headed back to Bremen Landing. Once again we had perfect timing, arriving at Wavus just in time for General Swim. It was another great adventure in Muscongus Bay, a beautiful place the girls have become quite fond of.



Cayuga “Quiet”

HBC: Krystle Morrill

JC: Emma Mohney

JC: Devan Carter

July 23 – Primer Trip

Georges Highland Path

Day 1

We started our primer trip with sunny skies! The girls did not know how far the drive was to the campsite, so everyone crammed in the van with the gear for the short drive. We arrived at the baseball field on campus and unpacked on the grass in the shade. There were three groups for tents, and all by luck, they were all wearing the same colors as the others in their tent! The white, navy, and purple groups' tents all looked great when they were set up, so we loaded back in the van and headed to Ragged Mountain via Georges Highland Path.

We began the two and a half mile hike to the summit. It started in good spirits and song, since “Dynamite” was the favorite of the cabin. Caroline had the privilege of experiencing the first fall on the trail. No worries: no injuries, and there were plenty more to follow. It was fun to count them all, the entire way. Krystle explained the trees would get smaller as we got towards the top of the mountain, so we all paid close attention to the scenery. This allowed us to stay on trail, since we constantly noticed the trail markers on the trees. We kept thinking we were so close to the top, as there were beautiful views the entire way up. Finally we were all too hungry so we stopped on the trail to eat our turkey and cheese sandwiches we had made that morning at camp.

After everyone was full of lunch and some GORP for dessert, we continued up. Everyone was exhausted, but we

continued. Thankfully (and ironically), the summit was just ten more minutes of hiking. There was a beautiful view of Camden and the Atlantic Ocean, and we were all so excited to see it! Krystle decided to put on a self-timer on the camera and get a picture with everyone. As Devan told us not to stray from the rocks and step on the shrubbery to the side, Krystle runs to jump in the picture and falls in the bushes. Accidents don't count as not following Leave No Trace, luckily. No worries, she was okay, and we all got in the picture.

The way down was so much faster than the way up, and the five mile trip was done in no time! We loaded back in the van and drove back to our campsite. A ball was found, so while dinner was being cooked, everyone was able to play catch. This was a great time for everyone to become very familiar with their new family at camp. Finally cheesy pasta was ready! Pasta, cheese, broccoli, cauliflower, and chicken all tasted awesome as well as being good nutrition for fuel from our hike. As the sun began to set, we took an evening nature walk around campus and stopped by the Owl's Nest to listen to the night “Sounds of Wavus.” What a relaxing way to end the tiring day. Everyone fell asleep with no issues that night.

Day 2

On Day 2, we slept in a bit, then had oatmeal and cereal for breakfast before packing up the van and driving half an hour to the Dodge Point Trail in Newcastle. The weather wasn't great – it was overcast and had rained the night before – but we brought our rain jackets and hoped for the best! By the time we reached the trail, we could see blue skies trying to peek through.

We started off on the Old Farm Road Trail, which was mostly flat and not too rocky, but led us past some cool streams, patches of wildflowers, and a muddy pond where we unsuccessfully looked for turtles. After about half a mile, we veered off onto the Shoreline Trail, and eventually came out on Brickyard Beach, where we looked at sea lavender and then worked in our Tripping Journals—each girl recorded a time that she had made a cabin mate laugh during the trip, then shared her example with the group. Some girls even made up little skits!

After eating some GORP, we got back on the trail and kept hiking, stopping at several more little beaches and pausing along the way to look at interesting wildlife—a few of the girls spotted a weird wasp creature that had stuck its antennae into a tree, and when we got home and looked it up we found out it was laying its eggs in the tree! We also met two dogs, Greta and Olive, and watched as they retrieved sticks their owner threw into the water.

Around 1 p.m., we stopped at an old dock and ate our PB&Js and granola bars (and shared stories about how we got our names and what they mean)—then we picked up the pace and finished the rest of the trail in good time, making sure to sign the guest book when we left! Finally, we piled back into the van and headed home—but not before stopping at Round Top for ice cream! It was a well-deserved end to the trip.

July 28 - White Mountains

Day 1

Day One found us very anxious to get on the road! We ate a great breakfast at Wavus, made lunch for the road, packed up the trailer and the van, and

were on our way at 9:15 am! After about 3 or 3 ½ hours of driving and beautiful mountain sightseeing, we stopped at the Shelburne Rest Area for some lunch - turkey and cheese - YUM! After lunch we continued on the road for about twenty minutes and after peeking out the windows for a glance at Mount Washington, we soon arrived at the Dolly Copp Campground. After check-in we quickly got started unpacking tents (Maddie, Maeve, Julia, and Lily in Tent #1, Kate, Katie, Isabella, and Caroline in Tent #2, and counselors in Tent #3), setting up our cooking area, and making sure we knew where the bathrooms and water were located. We were very lucky -- they were both so close to us!

Pinkham Notch was the starting point for our first adventure! First we checked the weather for the week to see which was the best day to conquer the challenge of Mount Washington. After talking to someone in the Ranger Station who informed us that the weather was supposed to be nice all week and after he explained that the wind, although it would be strong, wouldn't hit us until we reached the last mile on the ridge and would be at our backs from then on, we decided that Thursday (the next day) would be the best time to try our luck with the mountain. From the Ranger's Station we decided to cross the street and check out Square Ledge, which we had been told had an amazing view of Mount Washington. We were excited and anxious to see what we were up against!

The view was amazing! We hiked a small trail across a bridge and then up a rock face. At the end of the face was an enormous rock that stuck out of the side of the mountain we were on. The

girls were excited to use their hands to pull themselves up the rock and so we climbed up and were astounded by the view in front of us. Across the street we could see a mountain that was 6288 feet and that was also the one we would be conquering the next day! We relaxed in the wind, played a game, took a few pictures and descended ready for a great meal (hot dogs, hamburgers, and veggie burgers!) and an even better night's rest!

Back at camp, the girls each made goals for our trip (or camp in general) and they shared them with the rest of the group! We were so excited to hear that most of them had a goal of summiting Mount Washington in under twelve hours!! Yay!!! Next, we packed our daypacks for the next day -- including: warm pants, a fleece, winter hats, a rain jacket, gloves (for those who had them), two bottles of water, snacks, and lunch -- and then we headed to dinner.

After dinner there was time for a quick game of soccer, s'mores for dessert, and then personal journal time. Lily and Katie even made a comic strip about how they thought our trip up Mount Washington was going to go! It was a great way to end the day!

Day 2 - Summit Day

Counselors woke up at 5 am with the campers not far behind. We had a warm and filling breakfast of flavored instant oatmeal, cereal, dried fruit, and soy milk. We arrived at Pinkham Notch at 6:30 (forty minutes later than we had planned to arrive), and were hiking by 6:40, after a quick check-in with the Pinkham Notch Station and a quick double check of the weather.

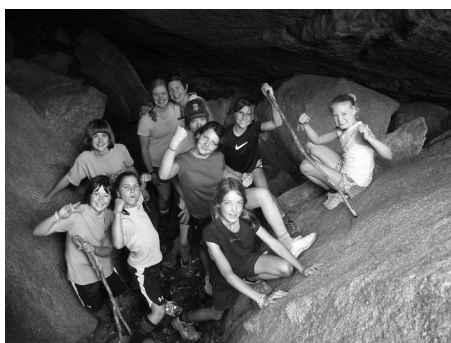
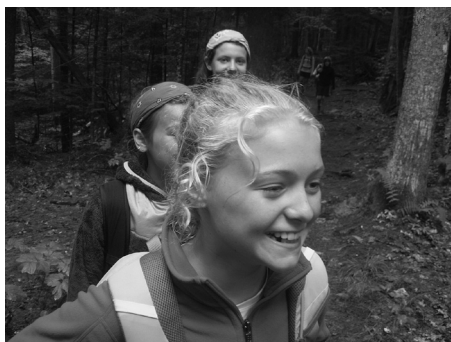
We started up Tuckerman's Ravine. The first part of the hike wasn't so bad. It was rocky and a bit steep but nothing

the amazing girls of Cayuga couldn't handle. On the way, we stopped to check out an amazing waterfall, look at various pieces of vegetation, and to teach the girls how to use Polar Pure in case we would ever need it. The trail was amazing and had little foot traffic this morning so we were free to explore as much as time allowed.

At the Tuckerman's Ravine/Lion's Head split, we followed the Lion's Head Trail. As our miles traveled went up in number, so did the number of rocks and steep terrain that we had to deal with. At one point, we were even forced to climb a steep rock cliff onto a ladder to find safer ground. We were all very excited when we noticed that the trees were getting smaller than they had been! We were getting even closer to the top! Soon instead of trees above our heads, we saw sky, clouds, and fog. The view was amazing -- as far as we could see and we all took a minute to watch as clouds swirled around us.

As we reached the ridge, we could feel the wind begin to pick up around us (the man at the Ranger's Station had been correct! -- the wind was wonderful until we reached the ridge). When we finally reached the top of the ridge we all struggled and had to help each other put on the warm clothes we had packed. Long pants, hats, gloves, and fleeces for warmth and a rain jacket to help protect us from the wind. After traveling a half mile in crazy winds, they began to die down a bit and we had enough time to sit and have a snack before continuing. From this point we only had .4 miles until we would reach the summit.

We had been warned that the last mile was the hardest and this couldn't have been more true. After our quick snack break we were forced to boulder



rocks on all fours and weren't able to stop for many breaks because of the wind. Visibility wasn't very good at this point, and we were lucky that we were able to see the next cairn in front of us. We all felt as though the mountain was never going to end. After discovering many false tops and a few tears, the end was finally in sight. As we crossed over the rocks that led into the road, we were excited to see the Summit House! WE HAD MADE IT! It took our last bits of strength to climb the stairs that lead to the dining hall. As we walked into the building we saw the actual summit: it was about twenty feet away on top of a pile of rocks but we decided to take some much needed shelter before taking our summit picture.

Inside we checked our watches, it was 1:20 p.m. and gave the girls forty minutes to rest, use the bathroom, and eat their lunch. We even decided to buy hot cocoa for everyone so that they could warm up and because we were so proud of what they had accomplished! After our break we first headed up to the summit, took a picture after steadying ourselves against the wind, and then were on our way -- 2 p.m. meant it was time to head back down.

Slightly rested from lunch and our quick break, we headed down more quickly than we had gone up. As we began our descent, the clouds opened up and we were able to take pictures and enjoy the amazing view that was shown before us. Soon we reached tree cover again, took off our warmer clothes, and continued on down.

By the time we reached the van, eleven hours and fifty-two minutes had gone by. We were exhausted but happy and made sure to run back and purchase "I climbed Mt. Washington" stickers for everyone from the gift

shop before we headed back to our campsite. At camp, the girls rested while we made a stir-fry dinner for them. After dinner, Oreos for dessert, and some excited chatter about who we wanted to tell about our summit first, we crawled into bed proud of what we had just accomplished and slept like logs.

Day 3

Day Three began with a much later start than the day before. We all got up at 8 a.m. and had a great breakfast of scrambled pancakes with S&Ms. YUM!! With the great accomplishment of summiting Mount Washington behind us, a wonderful breakfast in our bellies, and terribly sore legs, we were ready to head out on our next adventure.

After a short car ride, we arrived at the trailhead for Big Rock Cave! Even though our legs were tired, our spirits were kept high by our newly found hiking sticks and our newly found talent of talking in Alabamian accents. Our favorite saying started with "Back in my day..." and our favorite sentence was simply, "I'm more confused than a squirrel underwater." Isabella even made up a new saying for LNT - instead of Leave No Trace, she informed us that in Alabama it meant, "Leave not tricycles in the front yard." Haha!

The hike, even though it was pretty short, was awesome. The trail lead to a cave and we were all able to climb underground and also really high up on some rocks. After some great picture taking and lunch, we headed back down and then back to camp. At camp we made a delicious dinner of pepperoni and pepper pizza on an open fire and got ready for bed.



Day 4

Day Four began much like Day 3 - with a slightly late start and a yummy breakfast. It was our plan to drive about an hour to the trailhead of Blueberry Mountain but when we got there the man who was checking in people said that we had too many in our group. Instead of driving back to Dolly Copp to find another trail closer, we decided to look for a different trail that was closer to where we now were. After some time of searching, we came upon a nice lake where we decided to eat lunch. After lunch and some camper exploration, we noticed that there was a trail that led beside the lake, and so we decided to explore and see where it would lead us. The trail was beautiful and after skipping across rocks to cross a river, we made our way up a steep trail to Hermit Falls. The falls were so beautiful that we decided to stop there and complete one of our journal activities before heading back to the van. The van ride home was full of excitement -- four entire days of hiking were over with and we were all pumped to see what our last day would bring!

After dinner, we went to a Dolly Copp presentation called, "Skins and Skulls." The speaker was so much fun and did a great job answering all the questions that we all had. We learned about many animals including moose, bear, fishers, skunks, and various others. The presenter even asked questions about Leave No Trace and the girls of Cayuga all received a prize for their intelligent answers. Great Job, Cayuga!

Before going to bed, we had some scrambled brownies and got ready for our trip back to camp in the morning.

Day 5

Day Five brought mixed feelings for all of us! We were excited to return to camp and see all of our Wavus sisters but we were sad to leave the White Mountains! We woke up at 7:30 a.m., packed up our tents and the van, and had breakfast. After breakfast we headed back to Pinkham Notch so that we could say goodbye to Mount Washington and to bring our trip full circle. We decided to hike Tuckerman's Ravine to the Crystal Cascades lookout. Here we spent some time reflecting on our trip. We had had a great time! After a final goodbye, we went to the van and drove to the Shelburne Rest Stop for lunch. Following lunch we headed back to Wavus with three proud counselors and eight excited campers.

August 8 - Hog Island

Our Hog Island trip started perfectly—blue skies, a cool breeze, and wild doughnuts! We left camp at 9 a.m. for the Bremen landing and took a paddle past the Cora Cressey shipwreck before heading to Hog Island. When we arrived at the cove, Frances Robinson, Environmental Education Coordinator on the island, suggested that we paddle to some nearby islands, where we found an awesome swimming hole. Several of us jumped off the rocks into the chilly water. While we were exploring the rest of the island, we saw Narragansett in their sea kayaks!

The wind picked up while we were on the island, and on the way back we had the chance to paddle in some waves—luckily, they were in our direction! Back on Hog, we ate a leisurely lunch (turkey and cheese sandwiches and fruit) in the sunshine, and then jumped off the dock. The

water was no warmer than before, but it was very refreshing.

With Frances in the lead, we began a nature walk around the island, stopping to explore the intertidal zone, where the girls got to pick up a large crab and eat sand fleas (yum!). On the walk back, we went off the trail to enjoy a mud flat—the girls got completely

covered, jumping, running, and rolling around in the mud. Where else but at Wavus?

We had a last quick dip in the ocean to wash off, then paddled back to Bremen, hopped in the van, and headed to J Scoop, where we cooled off with delicious treats. Ice cream was perfect after a day of sun and fun!

Cherokee “Communicator”

HBC: Helena Turner

JC: Amy Davis

JC: Caitlin Hanley



July 26 - Primer Trip Georges Highland Path Day 1

Wow, I can't believe today is already our primer! The Cherokee girls woke up this morning to breakfast; the girls love their fruity cheerios. We headed off to Ragged Mountain which is about 5 miles round trip. The girls are natural hikers, so speedy! We all enjoyed GORP along the trail and sandwiches for lunch. After our hike the girls went to a local lake in the afternoon and had lots of fun swimming and practicing Leave No Trace (LNT) principles. The girls got really into picking up trash alongside the beach; they are so environmentally friendly! Once we got back to camp everyone set up their tents and enjoyed fajitas and s'mores for dinner.

Day 2

After a restful night the girls munched on oatmeal and granola for breakfast took down their tents and packed up their stuff. They enjoyed a small nature hike near Muscongus Bay and soon were back at Wavus for lunch! What a great primer! - Caitlin Hanley-

August 1 - Hog Island

Cherokee had an outstanding time on Hog Island today! We arrived at Bremen bright and early and paddled out to Hog. It was great to see our girls, who were prepared for a hiking trip, perform so well on the water.

There we met Ryan Pelletier, Environmental Education Coordinator on the island. With Ryan's guidance, we learned about the history and ecology of the island before paddling around Crow Island and down to the Crotch Island. We were lucky enough to run into Osage on the water, just a day before their resupply. It was a wonderful opportunity to hear about their trip to that point and to catch them up on what had been happening at camp. With Ryan as our tour guide, we explored the Crotch Island, finding crabs, periwinkles, and all sorts of different seaweeds in the tidal pools. We then swam across a small strait to get to another island, where we were able to jump off rocks and into the cool ocean water.

After this we returned to Hog for a quick lunch and a nature walk around the north side of the island. We finished our time on Hog with every girl jumping off the railing – most jumping off of the roof! – of one of the Audubon houses. The wonderful spirit and good

attitude exhibited by our campers on and around Hog earned them a trip to J Scoop!

August 3 - White Mountains

Day 1

We arrived at breakfast packed and ready to go. After eating our fill of Suse's famous Wild Donuts, everyone helped load the trailer and piled into the van. There was a long ride ahead of us, and most of the girls decided to nap until we arrived. We stopped to break out sandwiches, carrots, and some candy sent by the girls' parents which had been saved especially for trip! We continued on in high spirits, and arrived at Dolly Copp Campground just north of Pinkham Notch in mid-afternoon. After setting up tents and organizing our gear, the girls showed off the skills they learned on our primer trip by reviewing the principles of Leave No Trace. Before dinner, the girls relaxed by playing Frisbee and Ninja Destruction. We all enjoyed chicken patties with cheese and ketchup for dinner. For a little cabin bonding, all of the girls participated excitedly in an activity – each girl wrote her name at the top of a sheet of paper, then all of the sheets were passed around the circle for each girl to write down a compliment under every other girl's name. Everyone went to bed content and confident that night – ready for an early wake up the next morning for Mt. Washington.

Day 2

Thunderstorms hit late in the night and continued into the early morning, so we decided it would be best to try for Mt. Washington another day. Instead, the whole group got to sleep in, enjoy our breakfast, and make PB&J bagels for lunch. Around mid-morning, we



piled into the van and drove south toward Jackson, NH to climb Iron Mountain. This was a short, pleasant hike and we reached the summit before noon. We decided to take a short detour down the back side of the mountain in search of an outlook at which to eat our lunch. The cliffs proved elusive, but we found a lovely half-shady, half-sunny patch of warm rocks to sit and relax on while we ate our lunch. By 1:30 pm we were back on trail. It was a hot day, and everyone was tired when we returned to camp, and rest hour was certainly in order. Once we had recuperated a bit, the campers learned a new game called Meet A Tree. A Wavus favorite, this game combines observation skills and team building – each girl is blindfolded and led by her partner to a tree which she must use her sense of touch to “meet”. For dinner, we had English muffin pizzas – a camping favorite! Again, we turned in early – this time with our fingers crossed for good weather in the morning!

Day 3

Despite a few showers overnight, luck was with us when we awoke at 4:30 am ready to hike. We quickly boiled water for hearty oatmeal and granola, packed our packs with snacks and warm layers, and headed down the road toward Pinkham Notch. We were on the Tuckerman Ravine Trail by 5:45 am. Though a few members of the group were a bit nervous about the hike ahead, we cruised at a steady pace past the Crystal Cascade. Unfortunately, Emily became ill around 6:30 am, and sadly had to return to the base. The rest of the group continued on up Tuckerman Ravine, and turned off toward the Lion Head. After a steep climb up to the Lion Head, the girls were rewarded with a breath-taking

view! But the summit was still ahead, and everyone was determined to conquer it. The group scrambled over boulders, pushing themselves and each other forward and finally arrived at the summit truly among the clouds! However, as an extra surprise, Emily and Amy were waiting for everyone at the top! We all shared lunch and hot chocolate, and took a tour through the Mount Washington Museum to soak up a bit of the mountain’s history. Unfortunately, thunderstorms were due to move in during the afternoon, and we decided to drive the entire group down the mountain instead of risking the trails. Back at the campsite, everyone was tired and wanted to take a nap before dinner. We capped off the day with s’mores, and let the girls stay up a little later to celebrate their victory!

Day 4

This morning was a leisurely morning – everyone got to sleep in, and wake up to the smell of pancakes! After enjoying our breakfast and cleaning up the campsite, we drove back to Pinkham Notch to take a look at the Visitor’s Center and go for a short hike. We hiked up to Leila’s Ledge, and ate lunch with a beautiful view from Brad Bluff. We hiked down and drove a few minutes down the road for a much needed swim at Glen Ellis Falls! The 60 foot waterfall was spectacular enough, but it was really the cold water in the pools below that took our breath away! The girls enjoyed swimming and relaxing on sun-warmed rocks. Upon returning to the campsite, we played a few more rounds of Meet A Tree after a short rest hour. For dinner, we had delicious grilled cheese and vegetable soup. The highlight of the evening was of course scrambled brownies with

M&Ms! We made a huge batch and everyone got seconds! After dessert, we all participated in a wrap-up activity – everyone gathered into a circle and tossed a ball of yarn back and forth, each time sharing a favorite memory from the trip. When we finished, we had created a web connecting us all, and everyone got a piece of yarn to tie around her wrist as a reminder of a wonderful trip!

Day 5

We took another relaxed start today, had oatmeal for breakfast, and began

to pack up the campsite. After taking down the tents, sweeping the campsite for anything left behind, and loading the van, we drove over to Crawford Notch to take in a last view of Mt. Washington. Then we began the long trek home. On the way, we stopped for lunch and to stretch our legs playing Frisbee and Mafia. Following Wavus tradition, we of course stopped at J Scoop! After our treat, we were re-energized to clean our gear, van, and trailer before returning to the cabin to shower and unpack! - Amy Davis

Narragansett “Safe Point”

HBC: Erin Malafronte

JC: Lindsey Applebee

JC: Katie Jacobs

July 29 - Bigelow Mountains

Day 1

We left Wavus around 9 am to drive to Round Barn campsite after loading up the trailer and packing lunches. We arrived around 1 pm and found a beautiful campsite, right on Flagstaff Lake. We spent the afternoon swimming and setting up camp. For dinner, we had chicken burritos with rice, cheese, peppers, and avocados. Then we learned the principles of Leave No Trace before meeting up with a group from Kieve (Bank II) for a fire and s'mores. We went to bed early to get some rest for the hike ahead of us.

Day 2

We woke up at 6a m to get ready for our day of hiking up Bigelow Mountain. For breakfast, we had bagels with cream cheese. We left our campsite around 7:30 am and started climbing. We took many breaks on the steep trail and enjoyed our delicious GORP. We finally reached the summit

of Avery Peak at 11:30 am. It was sunny and breezy, and we had our lunch of PB&J pitas while lounging on the rocks. We then headed down the mountain, surprised at how much we had climbed. Once back at the campsite, we went for another swim in the lake and had pita pizzas for dinner. We again went to bed early, tired from our day of hiking.

Day 3

We got up early again to take down the tents and pack up camp. We had a quick breakfast of cereal before leaving Round Barn. We drove to Sugarloaf to meet Henry Kennedy, and then we climbed Burnt Mountain, which is next to Sugarloaf, with him and his two dogs, Ebbie and Stanley. The hike was much easier than Avery Peak, and only took about half the time. We enjoyed more beautiful weather on the summit before descending. Once at the bottom, we had our lunch of PB&J pitas before starting the drive back to Wavus. We got back to camp around 4 pm, ready to take showers!

August 3 - Hog Island

After eating breakfast at Wavus, we

jumped into the van and made our way to the Kieve-Wavus landing in Bremen. Once we arrived, we loaded up kayaks with our backpacks and personal gear and started paddling to Hog Island. Once we arrived, Frances Robinson, and Environmental Education Coordinators on the island, grabbed a kayak and we all paddled over to Crotch Island. On the island, we explored, relaxed, and talked among ourselves. After some much needed relaxation, we paddled back to Hog and enjoyed our delicious lunches. Then we went for a swim off the boat dock. Unfortunately, the tide was too low for us to be able to jump off the roof. After the very chilly swim, we went for a small hike around the island to explore. Before we knew it, the day was over and it was time to paddle back to Bremen and make our way back to Wavus.

August 8 – Muscongus Bay

Day 1

Today we left for our trip! We got dropped off at Bremen where we loaded up our kayaks and set off for Crotch Island. When we got to Crotch, we saw that people were already camping there, so we ended up going to Hog Island to camp. Once at Hog, we set up our tents and relaxed. Later we had some hotdogs and hamburgers. After dinner we played a fun game of signs and then settled down for bed.

Day 2

Today was the second day of our sea-kayaking trip. We woke up on Hog Island, packed up our things, and had yogurt and granola on the beach.

Then we packed up our kayaks and paddled to Crow Island to see if any people were already staying there. Unfortunately, tent spaces were already

occupied. To kill time, we kayaked across the channel to a little cove. At the cove, we tanned on rocks, played card games, read, made friendship bracelets, and ate lunch. We also practiced LNT by picking up any jelly that spilled out of our pitas. Then we paddled back to Crow Island to double check if people were still there, which they were. After a debate of staying at Bremen vs. Hog, we decided to stay on Hog Island for the second night. When we arrived, we set up camp, played on the beach, and had delicious burritos for dinner.

For dessert, we ate candy from care packages! After dinner, we played a game of signs and then went to bed.

Day 3

We woke around 8:00 AM and packed up camp. For breakfast, we had delicious cheesy bagels and then headed over to the Crotch Island. It was a short and sweet paddle. Once we arrived, we pulled up our kayaks and jumped into the water for a short swim. After that, we had a QTB (quickie tan break) and made friendship bracelets on the rocks. About an hour later, we saw Cheyenne pull up to the island in kayaks. Then we had PB&J on pita bread and hung out with Cheyenne for a little bit.

Soon after we had bonded with Cheyenne Cabin, the Snowgoose came by carrying the Mohawkians. We waved hello, Lindsey did the dactyl, and then went on with our business. After some time we decided to paddle to Bremen and set up camp. For dinner that night we ate pasta with marinara sauce and cheese, which we all loved. After our great dinner, we made s'mores and bonded by the fire. By the end of the day we were tired and excited to get transferred to Damariscotta Lake the next day!

Day 4

We woke up early and packed up our things. We did not pack the tents because we had stayed in the Bremen ones. We ate cereal for breakfast with the option of soy milk. Then we had to load the heavy kayaks onto the trailer rack so that we could get transferred to Damariscotta Lake. When we got to Damariscotta Mills, we loaded up our kayaks with group gear and equipment and started paddling. Caroline was not feeling well so she stayed in the van to go back to Wavus. After paddling for what seemed like many hours, we came upon a small island with a rope swing. Two boys were already there enjoying themselves and swinging into the water. One of them showed us how to swing off the rope and then we all joined in on the fun. We were all a little nervous at first but gripped ourselves together and did it. Then we had peanut butter, jelly, and nutella pitas for lunch. After that, we got back into our kayaks and paddled down the lake to our campsite.

During the paddling, some of us had to restrain ourselves from splashing. We soon passed Kieve and knew that we were close, so we boosted our strength and paddled faster than ever to reach the campsite. While at the campsite, we pitched tents, unpacked our boats, went swimming, talked, read, and made bracelets for one another. For dinner we had cheese-less pita pizzas and then followed up with Oreos!

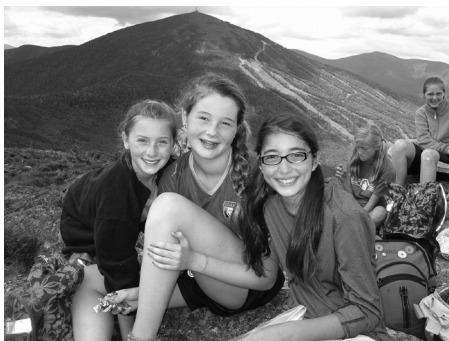
After a long day we calmed ourselves down in our tents and fell fast asleep.

Day 5

We woke up and had Cereal Pops and Raisin Bran for breakfast. We had spent the previous night at the Finnemore's campsite, across from Kieve.

We packed up all of our gear, got in the kayaks with our partners that we picked, and started paddling down Damariscotta Lake towards Wavus.

To kill some time, we stopped at an island along the way to swim, eat a snack, and relax. We ate our granola bars and beef jerky that we had made in Cooking Class. After that, we got back into our kayaks and paddled back to Wavus.



Abenaki "Dawnland People"

HBC: Lucy Lynch

JC: Megan Chandler

JC: Nicky Wyman



July 25 - Primer Trip

Bigelow Mountains

Day 1

We packed up after breakfast and headed for Round Barn campsite near Bigelow Preserve. After a two hour drive, we set up camp and played games. The girls learned to pitch their tents, set up a cooking area, and other camp craft skills. We hung out on the beach and talked about the next day's hike. After a delicious supper of cheeseburgers and carrots, we played a game with the Chewonki group camping near us.

Day 2

We woke up around 7 am and had oatmeal for breakfast. We started our hike up to Avery Peak. The trail was flat and windy for the first two miles until we came to a junction with the Appalachian Trail and headed South toward Avery Peak. We hiked steep uphill for two miles then finally reached the windy summit. We met many interesting thru-hikers on our journey and enjoyed hearing their stories. The top was beautiful, with views of Sugarloaf Mountain and an old fire tower on top. We had pepperoni and cheese on pitas for lunch and then headed down the mountain just in time for some afternoon showers. We were glad to reach the campsite after an exhausting eight mile hike. We had macaroni and cheese for supper then hung out and explored the campsite. Everyone felt tired, but with a sense of accomplishment after a solid day of hiking.

Day 3

We woke up, packed up our campsite, ate bagels for breakfast, and loaded up the van. After saying goodbye to our new Chewonki friends, we set off for Sugarloaf Mountain. We got to the ski mountain and decided to tackle one of the ski trails. It was a little harder than everyone anticipated, but we walked up in the bright sunshine until lunchtime. We stopped and had PB&J and talked about Leave No Trace. We walked back down and headed for Wavus after a successful primer trip. Everyone is excited and feels prepared for our upcoming trip to Baxter.

August 3 - Baxter State Park

Day 1

After breakfast, we packed our lunches and headed out of Wavus. The drive was full of singing and laughter and we made it to Baxter by early in the afternoon. After exploring the campsite and discovering a fun bridge over a river, we were greeted by a Kieve cabin who was camping near by. We hung out and finished setting up our campsite and then we cooked a delicious supper of pita pizzas. After we ate and cleaned up, the group had a talking circle and talked about what we were looking forward to about the trip.

Day 2

We woke up and ate bagels with cream cheese for breakfast. We packed up our daypacks and headed off for a hike. We went to the Daicey Pond trailhead and after a quick warm-up hike on the Tote Road; we walked to Big and Little Niagara Falls via the Appalachian Trail. The falls were beautiful and we ate PB&J crunch 'dillas there for lunch. This gourmet meal of tortillas with PB&J and Rice

Krispies got mixed reactions from the group, but the counselors enjoyed theirs thoroughly. We hiked back out to the van and headed back to our campsite at Nesowadnahunk Field. We were back by mid afternoon and decided to pack the group up for a cookout at the natural water slides about five minutes down the road. The girls swam and slid down the rocks and we snacked on a watermelon. Lynsey, Kelly, and Alice grilled cheeseburgers for us and we ate more watermelon. It was a really fun afternoon. We headed back to the campsite where we made the decision to do a sunrise hike on Mt. Katahdin with the Kieve cabin that was staying near us. Most of us were nervous and excited for the plan and we went to bed after a long but fun day.

Day 3

We woke up in our tents at 12:45 am. Everyone grabbed their daypack which was already prepared and we headed for Katahdin Stream, following Bank III. We arrived at the trailhead, made final preparations and set off with our headlamps at 2 am. The group, 31 people in total, steadily climbed up the Hunt Trail toward the tree line in the dark of the night. Sadly, Izzy was not feeling well and had to leave the journey along with Nicky to head back to the bottom of the hill. The rest of the group chugged along stopping for breaks at normal intervals. It was a lot of fun getting to know the boys and by the time we reached the tree line, it was starting to get light out. Although the sun was out, we were in a cloud and the intense fog prevented us from being able to see anything. Later when we saw what we had actually climbed up, everyone agreed that this was a good thing. We scrambled steadily and carefully over the huge boulders and

all helped each other over obstacles. We reached Baxter Peak by 9:15 am and all celebrated with pep and cheese sandwiches, candy, and G.O.R.P. It was a lot of fun getting to know the boys and we were thoroughly entertained by their "Typewriters". We left the top of the mountain by 10 am and started the descent. With the fog burning off and normal daytime approaching, it was cool to be able to see what we had climbed earlier in the dark and we started to pass a lot of hikers on their way up. We finally reached the bottom by 2 pm, a full twelve hours after our initial departure. Everyone was completely exhausted and ready to go back to Nesowadnahunk to take a nap. We napped and relaxed all afternoon and then got up and rallied to cook supper. We ate pasta with veggies, pepperoni, and cheese. After supper, we got a second wind and decided to go to the rock slides to top off an awesome day. We "slipped and slid" with the boys for a bit then went back and crashed in our beds for some well deserved sleep.

Day 4

We slept late today then got up and had a breakfast of Honey Bunches of Oats, Grapenuts, and soy milk. Next we hopped in the van and cruised down to the Abol store. It marks the end of the 100 mile wilderness of the Appalachian Trail and there is a bridge over the Penobscot where you can see rafting boats go under and views of Katahdin soaring overhead. We got some new supplies and treats then drove back to our campsite singing to music all the way. When we got back, we put our bathing suits on and headed to the rock slides for lunch and to hang out all afternoon. When we returned to the campsite, the counselors cooked



Quinoa with cheese and veggies for supper. It was delicious. Then we were invited to the boys' campsite for a fire and s'mores. We headed over and Alice played her guitar and we talked about our hike on Katahdin. It was a lot of fun then we went back and went to sleep in our beds after a relaxing day.

Day 5

We woke up and ate oatmeal and granola for breakfast. Then we grabbed our daypacks and headed out to go for a hike. Our original plan, South Turner was shut down when we realized we couldn't park in the Roaring Brook lot without a parking pass because of Baxter's new rule. We decided to Try Mount Coe instead. Getting a bit of a late start, we set off down the trail. It was a pleasant and quick three mile ascent over steep rocks. We had to scramble over some boulders for the last third of a mile until we reached the beautiful summit with 360 degree views. It was nice to get this view since we weren't able to see much on Katahdin. We ate PB&J on the summit then descended and drove back to our campsite. We were greeted by the Long Voyage boys from Kieve who were waiting to cook us dinner. We gave them our ingredients and they worked magic with them, creating a gourmet meal. We had quesadillas with rice, guacamole, cheese, and veggies. It was absolutely delicious and we had fun hanging out with them and building a fire together. We ended the day with a reflection on the past five days and we went to bed sad that the trip is coming to a close, but excited to get back to Wavus tomorrow.

Day 6

We woke up and packed up all of our stuff. We loaded the trailer and got our daypacks ready for one last hike.

After returning the spatula to the Long Voyage boys and initiating an "energy battle" with them, we headed North on the Tote Road toward Burnt Mountain. It was a quick hike to the summit and we took a moment to appreciate it before heading back down. We stopped back by Nesowadnahunk and hitched our trailer. We drove about an hour to the gate of the park and ate sandwiches for lunch before hitting the road for good. We drove back through Millinocket and finally arrived in Jefferson for some J Scoop ice cream right before supper. The trip was a success overall and most were sad for it to be over.

August 11 - Hog Island

We headed to Hog Island after breakfast with our lunches packed and daypacks ready. We arrived at Bremen and funyaked out to Hog Island. We were greeted by Frances Robinson and Ryan Pelletier, Environmental Education Coordinators on the island.

We proceeded to go on a short paddle to a neighboring island. The girls swam and jumped off rocks then we paddled back to Hog for lunch and more LNT education. We learned about the history of Hog Island and the animals that exist there. Next, we swam and jumped off the dock with a Kieve group before heading back to Bremen to drive back to camp.



Shawnee “Southerners/ Warm Heart”

HBC: Mae Ciampa

HBC: Megan Lynch

JC: Charlotte Perkins

July 23 - Primer Trip Bigelow Mountains Day 1

We woke up at camp, went to flag, ate a good breakfast and then made sandwiches for the road of PB&J, pitas, and turkey and cheese. We left around 10 am and drove to the Round Barn Campsite, where we would be staying for the next two nights. The campsite was very crowded so we set up our tents near the back of the campsite and sat around relaxing, playing games and munching on granola for about an hour before making dinner. For dinner we ate Mexican with re-fried beans, chicken, cheese avocado, peppers and onions all on fajitas. It was delicious and we finished it all.

After dinner, we walked down to the beach to wash off and wade around. We took some pictures and hung around the beautiful lake and talked. Then, we walked back to our campsite and headed to bed because we knew we had a long day of hiking Bigelow Mountain in the morning.

Day 2

We woke up at 5:45 am and started making breakfast. We ate a hearty breakfast of oatmeal dried cranberries and cherries, granola and soy milk to give us plenty of energy to start off the day. At 6:30 am we drove half a mile to the trail head. We took the Appalachian Trail to Avery Peak. As we began hiking the weather took a turn for the worst, but, despite the rain we kept trudging along on the trail. We sang

the moose song and other camp songs to keep us going. On the trail we met some people who were attempting the hike the entire AT! One of them even had a dog that had its own pack! We made it to the top of Avery Peak by 11:00 am just as the fog settled over the peak. It was disappointing to not be able to see anything after such a long hike and we were all getting misted on by the fog. We made lunch of PB&J and had some carrots and GORP. The fog showed no sign on clearing so we headed back down the mountain, it was rainy and slippery. After we reached our campsite we realized the campsite across from us had cleared out, so we decided to relocate our tents and gear to the empty site so we could have a good night's rest.

Day 3

We woke up at 6:30 am to a much more beautiful day. The counselors made S&M pancakes and we leisurely began to pack up our campsite and then drove to Sugarloaf Mountain for one last hike. We climbed up one of the ski slopes, walking practically straight up the mountain through the grass. The sun was beating down and although we were tired from the day before, a few of us did little sprints up parts of the mountain. About halfway up the mountain we reached an unfinished bridge that we couldn't cross. We took a break to eat some GORP and drink some water before we headed back down the mountain. We got back to the van and drove home and stopped to make some awesome PB&J sandwiches for lunch with dried fruit, carrots and celery. On our way back we stopped at J Scoop to celebrate our hard work before going back to Wavus and unpacking.

July 28 - Baxter State Park

Day 1

We woke up, grabbed the gear we had packed the night before, and headed to flag and breakfast. After our last camp cooked meal we made sandwiches, loaded the van and trailer, and then set out for Baxter State Park. We stopped to eat lunch at a pretty rest stop along the way. After three and a half hours we arrived at the park and found our campsite. We set up our tents, got our picnic tables all organized and hung out for the rest of the day. We made dinner which was chicken fajitas with loads of veggies, it was delicious! After that we played games and shortly after headed to bed.

Day 2 - Sentinel Mountain

We woke up fairly early at 6 am to a refreshing breakfast of strawberry yogurt with granola and grapes. We all piled into the van and drove to the Sentinel Trail that was pretty close to our campsite. As we drove it started pouring raining outside so we waited in the van a little until it let up. After that we started hiking the trail and soon passed a beautiful lake where we stopped to take photos. Then we continued up the trail only pausing to snack on some GORP and drink water. Once we got to the top we hung out and marveled at the gorgeous view of the other mountains in the park. We then ate lunch and then started heading down. We finished off the day with delicious hamburgers and an awesome dessert of Oreos. After dinner we slept soundly in our sleeping bags.

Day 3 - Katahdin

We woke up really early at 3:30 am and it was really cold. We had Honey Bunches of Oats and soy milk for breakfast and dried fruit. Then we piled in the van and headed to the trail

head for Mt. Katahdin. Everyone was anxious for our biggest hike. When we got the base of Katahdin started hiking up the Hunt Trail. At first the hiking was really easy but then it started getting harder and steeper. We walked through some rivers and it was muddy and after 2.8 miles we started climbing boulders. It was kind of scary standing that high up on the big boulders. The counselors helped us a lot and at points they had to boost us up. The view from the boulders was very good and we could see all of Baxter State Park. We all took many pictures and practiced Leave No Trace (LNT) and respected the wildlife. After the boulders we walked across a bridge that took us to a mile of flat walking on the top of the mountain. When we finally reached the top we all felt proud and had a real sense of accomplishment about what we had just done. Unfortunately we did not have much of a view at the very top because it was foggy, but we could see when we were climbing most of the way up. It was cool to be able to see the cloud line! We ate lunch and took some awesome pictures with the sign and after a short break we had to start the 5.2 mile hike back down. The weather started to get really bad at the top of the mountain and it was even sleeting! Once we got below the clouds the weather improved greatly. The hike down was long and hard especially because we were so tired. When we finally got back everyone was relieved to see the van. We headed back to the campsite and everyone immediately got out and into our tents to rest. For dinner we had delicious pizza and then we all went to bed because we were exhausted.





Day 4

The morning began with most of our time consuming and relaxing at breakfast – S&M pancakes!! Except for a few sore muscles we all slept well thanks to the previous day's big hike up Katahdin. Today our hike would only be a little over a mile which led to a fairly large natural waterfall and natural water slides called "Big Niagara Falls." We spent a couple hours sliding down the rocks, enjoying lunch and sunbathing near the waterfall. After a relaxing day we headed back to our campsite and met a lovely woman named Heather who was there to meet us and speak about LNT (Leave No Trace). She had us play some really fun games and we all laughed and learned about how to be considerate hikers and how to respect nature. After that we ate pasta for dinner and headed to bed – a wonderfully relaxing day!

Day 5 - Mount OJI

We woke up at 6:30 am and had yummy oatmeal for breakfast. Then we walked to the trail which was very close to our campsite. After signing in we started hiking and the trail was very muddy and wet. A few of us stepped in mud past our ankles! After we passed the flat wet parts we started hiking up the face of OJI. It was really hard not to slip and a little scary because the rocks were sliding down the mountain. Every so often we stopped to check out the amazing view of the other mountains. Eventually we reached the top (or what we thought was the top because it was fairly small area) and we sat for a while marveling at the view and breathing in the fresh air. We had lunch and munched on our GORP. After we started our descent which was equally scary but still very fun. When we finally reached our campsite

we all piled in the van and headed to the big natural watersides area for a refreshing dip! When we got there we saw that Kieve was already there doing the same thing. We hung out and slid down the slides with them and had a great time. After that we went back to our campsite, had delicious quesdillas, s'mores, and scrambled brownies for dinner! It was a great finish to our trip and we were all eager to get back to camp the next day.

August 7 - Hog Island

On Saturday, August 7th, Shawnee Cabin went to Hog Island. It was a glorious day when we awoke as the eastward sun beamed into our cabin. After flag and a delicious breakfast we made sandwiches for the day and hopped in the van.

When we arrived at the Bremen landing, Frances Robinson, an Environmental Education Coordinator on the island, was there to greet us and assist us in getting correctly fitting PFDs and kayak paddles. Then Ryan Pelletier, the other Environmental Education Coordinator, came up to the dock with the motorboat and took our packs over since we did not want them getting wet in the boats as we paddled around. We each got into individual kayaks and paddled out to Crotch Island. There we pulled our kayaks up to the shore and explored the island for a little bit and jumped off the rocks.

The campers and counselors were getting a little hungry at that point since lunch was nearing, so we decided to get back into the kayaks and paddle back over to Hog Island. When we arrived we first had lunch and rested for a bit. Lunch was a yummy selection of peanut butter and bread with a side of either an apple or a pear. Frances

then took us into some of the buildings to educate us about the history of the island and some of the animal species found in and around this sanctuary. After we learned about the island we only thought it would be appropriate to take a small nature walk into the forests on Hog. Frances lead the way

describing different plant species along the trail and after our nature walk was over we got back into our kayaks and paddled back to Bremen. By that time our girls were exhausted as we stumbled back into the great white van and headed back to Wavus around 3 pm.

Omaha "Graceful"

HBC: Alice Arsenault

JC: Julia "Jules" Donato



July 21 - Primer Trip

Damariscotta Lake

Day 1

On the first day of our primer we left after breakfast and paddled on the Damariscotta Lake to the bridge. We went bridge jumping and had soy nut butter and jelly sandwiches. After that we paddled to our campsite. We set up our tents and made dinner, which consisted of burritos! Then we roasted marshmallows on our Coleman stove, which turned out to be pretty successful. Then we ended the night with a large game - ultimate Frisbee. After climbing into our tents and sleeping bags, we continued to read and play cards until we feel asleep.

Day 2

We woke up to a sunny morning for our second day of paddling on Damariscotta Lake. We got all of our gear and packed up and then had a breakfast of oatmeal and granola. Then we paddled to the bridge again and jumped off for a few hours. We had lunch at a nearby picnic table, consisting of soy nut butter, jelly, pitas and carrots. After lunch we went to J Scoop and all got ice cream! It was super yummy! Then we continued to paddle back to Wavus just to get back

in time for dinner! Just another great day of paddling!

July 28 - St. Croix River

Day 1

On the first day of our trip down the St. Croix River, we woke up at 4:30 am and ate a nice breakfast consisting of bagels and cream cheese or soy nut butter. After breakfast we were picked up by our driver, "The One" (Tom Naldony) and drove 5 hours to our put-in point. Once we loaded all of our canoes into the water from the trailer, we proceeded to paddle to our first campsite - Birch Island. We got to our campsite around noon and ate lunch. After lunch we set up our tents and got settled in. The rest of the day we rested, read and swam. In the late afternoon we also did a swim to Canada, which was only across the river. When we got to the Canadian side we hung out for a bit and swam around, then came back to the American side. For dinner we had chicken patties, with ketchup and veggies. After dinner we made a fire over which we made s'mores! They were really yummy! Then we headed to bed, ready for our next big day of paddling.

Day 2

We woke up around 7:30 am, packed up all of our tents and gear, and enjoyed a breakfast of oatmeal and granola. Then we started paddling on

the lake until about 12:00 pm. Then we stopped for lunch at one of the Islands, pretty close to our next campsite. We had soy nut butter, jelly, pitas and carrots. After lunch, we continued to paddle until we reached the Narrows, around 3 pm. We set up tents and hung out until dinnertime, where we made pizzas! We all got to make our own pizzas and it was really fun and they turned out really good! Then for dessert we made scrambled brownies. After dinner we played some more games and read, then went to bed early, because our next day was supposed to be very long.

Day 3

We woke up around 7:00 am and had to paddle a decent distance in the morning, until we reached the dam and border control. Our counselors had to go talk to border control to tell them about our trip. Then we had to portage as a group around the dam. Luckily, the water was not too rough and we could put in the canoes right after the dam. We had to make a couple trips in order to get all 7 boats around the dam. Then, after we portaged, we sat down and enjoyed a lunch of soy nut butter and jelly, because we were all tired. While we ate, we watched the huge rapids down the river and got prepared to run them. Then, while we were eating another camp of boys portaged over the dam, so we decided to let them go first. After the boys left, we put in our boats and went down our first rapids! They were really fun and we all got really wet! We followed the river for another 2 hours to our next campsite, Little Falls. When we got to Little Falls, we emptied all of our boats and the counselors scouted then ran the rapid. After they finished a group of 3 girls went, and they capsized! The girls were

all fine and we were able to get the boat onto land safely as well. Then our one counselor took all the rest of us down in the remaining boats. For dinner we had quesadillas, which were really yummy! For the rest of the night we played card games and mafia games. When we all headed into our tents for bed, we were all ready to sleep because today had been our longest day so far!

Day 4

Today we woke up and had a breakfast of oatmeal and cereal. We then paddled along the river all day going through bigger rapids as well as calmer parts. For lunch we enjoyed soy nut butter and jelly again, as well as apples and carrots. After lunch we reached Loon Bay, which was very calm and almost similar to lake water. After we paddled through Loon Bay we reached our campsite that was at the end of the bay. For dinner we had mac and cheese and enjoyed s'mores again for dessert. Although this day was not as long as the one before we were still pretty tired from the whole trip so we fell asleep pretty quickly after some games and reading.

Day 5

We woke up around 7:30 am at Loon Bay campsite and ate a breakfast that consisted of oatmeal and granola. Then everyone set off towards our next destination, Egg Point. This day was very fun because we got to run Canoose Ledges! This is the second biggest rapid we ran on the whole trip, and it was class 3! Our counselors got out to scout the rapid before we ran it, and told all of us that we had to absolutely hug the left side of the falls, otherwise we would get caught on a rock. Everyone was nervous but everyone got down the falls without any problems and we all had a blast!



After Canoose Ledges there weren't many rapids left so we were able to just hang out for the rest of the day on the calmer parts of the river. For lunch we rafted up together and ate on the river. Again, we had soy nut butter and jelly with carrots. We then reached Egg Point around 3 pm and unloaded all of our stuff and set up all the tents. For the rest of the day we swam in the river, letting the current take us down a ways and then swimming back up to our campsite. Also some of the girls did another Canada swim that was really fun! For dinner we had pesto pasta that we managed to cook over an open fire! Then for dessert we cooked scrambled brownies also over the open fire! We were all pretty tired from the day so we went to bed pretty early!

Day 6

Today we were able to sleep in a little more than usual because it was our last day! For breakfast, our counselors made us S&M pancakes that were really good! Then we packed up all of our stuff and loaded all of the canoes. We then started out on our short, 1-hour paddle across the lake to the pick-up point. We made it all the way to the second dam! The end of our St. Croix trip! The van arrived about 15 minutes later and we put all of our stuff in the trailer followed by the canoes. Then we jumped into the car prepared for a 4-hour ride home. However, we were able to stop for lunch at Subway for a bit, which was very delicious! After lunch, we finished the rest of the ride and returned to Wavus just in time for dinner, also where the rest of the camp welcomed us back!

August 4 - Hog Island

In the morning we left around 9:00 am, right after an awesome breakfast of

yogurt and granola. We then proceeded to drive to our first destination, Bremen. We got into our kayaks with all of our stuff and paddled over to Hog Island, which was about 10 minutes long.

There, we met Frances Robinson and Ryan Pelletier, Environmental Education Coordinators on the island, who split us up into groups of who wanted to hike or kayak. The hikers went on a nature walk around the island looking at different trees, flowers, plants and animals. The kayakers paddled over to the Crotch Island and walked around also identifying different animals and plants. Also, before the activities we got to go into a lab full of animals, and Ryan explained what they were called and what they did in the world. Then we had lunch consisting of ham and cheese sandwiches sided with goldfish and chex mix. After lunch we got to jump off the dock and swim for a while. Around 4:30 pm we paddled back to Bremen from Hog Island and returned to Wavus around 5:30 pm.

August 6 - Community Service Project Hidden Valley Nature Center

Today we went to Hidden Valley Nature Center in Jefferson. We cut low limbs of trees and cleared any sticks or logs in the trail. The trail that we hiked was about 4 miles long and we were able to stop at a lake for lunch. For lunch we had turkey and cheese sandwiches with goldfish and chex mix. It felt awesome to help someone out by clearing a trail, which others would use. The day was very hot though so we were very hot and tired by the end of the hike. We also were happy that we made it back to camp for 4th and 5th sign ups and general swim! Overall the day was really great!

Ojibway "Fire Keeper"

HBC: Em Winkler

JC: Bella Tubbs

Community Service Project Damariscotta Lake Watershed Association

We woke up at 7:15 am and headed to flag and then to the Jewell for breakfast. We packed our sandwiches and got in the van to drive to the Damariscotta Lake Water Shed Association. We met the Stewardship Coordinator and Educator, Julie McLeod, and gave her a Wavus sweatshirt to thank her for letting us participate. We followed Julie and her co-worker to one of the wilderness trails and started blazing and painting the trails along with making wooden bridges out of logs. We cut down all the extra branches that were blocking the path while others painted the trees to properly mark the trail. We stayed for about 3 hours and took a lunch break. We thanked them for their time and drove back to Wavus.

July 27 - Primer Trip Damariscotta Lake

We woke up at 7:15 am to a beautiful sunny day and went to breakfast at the Jewell. We packed our turkey and cheese sandwiches and started to load the canoes at the dock. We paddled for 2 hours to the Finnemore campsite which is across from Kieve. We set up camp, ate lunch, swam in the lake and played games. Then, we started making dinner, chicken pesto pasta and built up the fire. After dinner, we had s'mores for dessert and then got into our tents to read and get a good night's rest. We woke up the next morning at 8 am and made our PB&J sandwiches for lunch. We paddled for 4 hours to J

Scoop and ate our sandwiches followed by ice cream for dessert. We got back to Wavus at 4 pm.

August 2 - St. Croix River Day 1

We woke up at 4:30 am and walked to the Jewell to have breakfast in the kitchen. We packed our boundary bags into the trailer and made our sandwiches for lunch for later once we were on the Croix. We got in the van and drove for about 5 hours until we got dropped off and put our canoes in the water. We ate our sandwiches in the canoes and ended up at our campsite, Birch Island. We set up camp, gathered firewood, and then got to go swimming! Next, we started preparing dinner, chicken pesto pasta and then we had s'mores for dessert. We hung out by the fire until it was time for bed because we had an early start the next morning.

Day 2

We woke up at 5:30 am at our campsite to rain and quickly packed away our tents and sleeping bags. We had oatmeal and granola for breakfast and started paddling in the rain and fog to our next campsite. We sang songs and bonded on the way there as the weather cleared up and turned to sunny skies. We arrived at our campsite, The Narrows, just in time for lunch. We had PB&J on pita bread then we set up our tents and got settled in. Our cabin spent the afternoon warming up by the fire because it had been very cold and rainy. We talked and played games to pass the time. Eventually it was time for dinner, so we got out our bowls and had either hot dogs, hamburgers, or veggie burgers. Then, everyone pitched in to help clean up after the meal and we had camper

candy for dessert. It was a really fun day and we got to bed at 9:30 pm.

Day 3

We woke up nice and early, 5:30 am, and ate bagels with cream cheese. We packed up camp and set out on our 6 hour expedition. The first 2 hours we lake paddled then stopped to portage our canoes to the other side of the dam. When we finally got all our supplies into our canoes, we started on the rapids. Everyone did amazing on the first set of rapids. Even though Lindz and Meg capsized, they did a perfect T-rescue! We paddled for another 20 minutes and then rafted up to eat our PB & J sandwiches. Everyone took turns jumping into the water to cool off as we floated down the river rafted up as a group. Next, we arrived at our camp site, Little Falls, and dropped off our gear. We went down Little Falls, a class 3 rapid, with empty canoes. We only had one canoe capsize but they recovered their canoe and paddles. We all celebrated and swam up river for an hour or so and then walked back up to camp to set up. We made chicken, cheese, and pepper quesadillas which were delicious! We built up the fire to tell stories and play games while we had camper candy for dessert. We all fell asleep to the sounds of the rapids knowing we could sleep in tomorrow morning.

Day 4

We got up a little later than usual, 830 am, because our community service was cancelled for the morning. We ate oatmeal and granola for breakfast, took down our tents and loaded everything into our canoes. Everyone was awake from a great night's sleep last night and was ready to do numerous sets of rapids in a row. After about 4 hours of paddling through rapids and

challenging waters we arrived at Loon Bay campsite. After setting up camp and gathering firewood, we went swimming and ate our PB&J pitas for lunch. We enjoyed the warm weather and read books, made friendship bracelets, and played games. For dinner, we had mac & cheese with grilled chicken and camper candy for dessert.

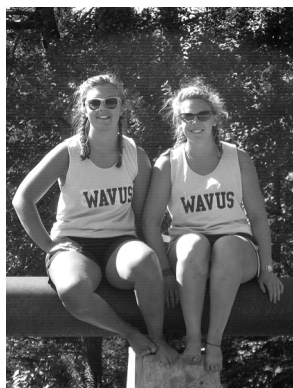
Day 5

This morning we had oatmeal and granola for breakfast and packed up camp. We started to paddle and had more of a relaxing paddle. We sang a lot of songs to pass the time. We arrived at our last campsite, Egg Point, and ate our PB&J sandwiches. We went swimming for a couple of hours and then had a dance party as we made the fire. We had Ramen noodles for dinner and scrambled brownies with S&Ms for dessert. After dinner, we saw a turtle and we named him Dino. He was so friendly and he was not afraid of us at all. We sat around the fire talking about how we couldn't believe it was our last night and then went into our tents for bed.

Day 6

We got up at 7:30 am to make an early start to Grand Falls, Kellyland to meet Mary Anna at 11 am with the van and trailer. We paddled to our pick-up spot in 1 hour and had plenty of time to pull up our canoes, unpack our boundary bags, and have a snack. Mary Anna came at noon and we loaded the van and trailer and went to Pizza Hut for lunch. We arrived back at Wavus at 5:30 pm and unloaded all our gear, cleaned the van, and finally got to enjoy dinner back at Wavus.





August 9 - Hog Island

We ate breakfast at Wavus and packed our sandwiches for lunch. We drove to Bremen and funyaked over to Hog. At the beach, we met Ryan Pelletier, Environmental Education Coordinator on the island, and he started showing us around the island. After learning about the animals and plant life on the



island, we jumped off the roof into the ocean and went swimming. Next, we did a nature walk through one of the trails to the other side of the island. We went back to the main part of the island and ate our snacks. We left at 4 pm and kayaked back to Bremen. We drove to J Scoop and then went back to Wavus at about 5:30 pm.

Osage "The Wise"

HBC: Anne Warner

JC: Gabby Freeman

July 22 - Primer Trip 1 - Hog Island

On Wednesday, July 22nd, Osage headed out to Hog Island for the first day of our sea kayaking primer trip. We spent the morning gathering gear and learning to lift and tie the boats onto the trailer. Once we arrived at Bremen, we unloaded the boats and started to load our gear in them. It took a while to find space for all the gear in the small hull compartments but eventually we found room for everything. We geared up in lifejackets and spray skirts and set out for a paddle around the entire island. The paddle was fairly short but let everyone adjust to their double kayaks and get the hang of steering with rudders. Since our planned camping spot on the south side of the island had flooded, we set up camp on the peninsula of the island.

The rest of the day was filled with learning the fundamental principles of Leave No Trace, a wag bag demonstration, swimming in the ocean, and some roof jumping. For dinner everyone enjoyed a delectable dinner of hamburgers and s'mores before heading to our tents for the night. The next day everyone woke up

to scrumptious S&M pancakes (nom nom nom deliciosso) cooked by the group's own professional chief, Anne. After some more swimming and a nature hike led by Frances Robinson, an Environmental Education Coordinator on the island, the group paddled out to another island to enjoy a PB&J lunch. We headed out for Bremen with full bellies and efficiently loaded up all of our gear and kayaks into the trailer. We headed back to Wavus as a stronger more unified group, excited and prepared for our upcoming trip.

July 25 - Primer Trip 2 Ragged Mountain Day Hike

On Sunday, July 25th Osage left for our second primer trip, a day hike up Ragged Mountain. Everyone geared up in hiking boots and backpacking packs filled with almost everything we would need for our trip. The ride there was short but it took a while to find the trailhead. Once we were there we hit the trail! The first couple hours of hiking were hard with steep hills and heavy packs. However, with some water breaks and wild blueberries picked straight off the bush, everyone pushed through to the summit. On the summit we enjoyed a quaint lunch of GORP, bars, and some Justin's nut butter while enjoying the view.

After lunch everyone hiked back the mountain stopping ever couple of yards to pick more blueberries. Our hike up Ragged Mountain was a fun leisurely day trip that left everyone eager to hike the Appalachian Trail.

July 28 – AT Sea – Muscongus Bay Day 1

We left Wavus after breakfast and started our paddle on Damariscotta Lake. It was very, very windy, so we had a bit of a challenge getting all the way down the lake. We stopped briefly for lunch and then to enjoy rope-swing island, and eventually made it to Damariscotta Mills, where we pulled our kayaks up and un-loaded our gear onto the trailer. Mary Anna transferred to Bremen, where we set up camp for the night. We made chicken burritos for dinner and settled into the awesome 10 person tent. We also did the “Rose-Bud-Thorn” activity before going to sleep, which allowed us to recount the day and think about what the rest of the trip would be like. - Anne Warner

Day 2

Today was the 2nd day of our trip, we woke up at Bremen, had oatmeal for breakfast, then we went to load up and put the kayaks in the water which took a pretty long time. When we finally got everything in the boats, we headed towards Thief Island, which took a while, but the wind was with us. When we got there we had pepperoni and cheese pitas for lunch. Then we had to secure the boats to make sure that they didn’t float away at high tide. After taking care of that we put the tents up and set up camp. Once we were completely settled into our site, we had an hour of quiet time so that some of us could take naps. Then a few of us went swimming. After just reading, chilling

and relaxing for about 3 hours we had dinner (pesto pasta with chicken) and sat around telling stories. To end the day we had a campfire and talked about our “Rose-Bud-Thorn” for the day.

- Leaders of the Day:
Emma Zetterberg
and Lauren Brady

Day 3

Today was the 3rd day of our trip and we woke up, ate granola bars for breakfast, and headed off to Black Island, which took about 2 hours. When we arrived we had lunch and ate PB&J pitas. For most of the day we relaxed, read, swam and played card games. After a while, we put up our tents and got settled in. Grace and I (Rebecca) were the Leaders of the Day, so it was our job to make dinner. We went around to everyone and took their orders if they wanted pepperoni on their pita pizzas or just cheese. Then, Grace and I started making them one by one on the whisper-lite with the counselors. After everyone was done with dinner, we cleaned up, made a bear burrito to protect our food, and sat in a circle to talk about the “Rose-Bud-Thorn” for the day. It was really buggy out, so we finished up quickly and retired to our tents.

- Leaders of the Day:
Rebecca Cibbarelli
and Grace Glover

Day 4

Hi, Devyn and Eloise here. It’s our 4th day on the trip. Overnight we stayed at Black Island again, because we really liked the campsite. In the morning we had delicious oatmeal and then decided go on a day paddle to a little town called Friendship on the coast. Turns out it was Friendship Day in Friendship, so there was a fair and everything! We bought French

fries (which we devoured in a matter of seconds) and we also treated ourselves to gelato! We all agreed that such treats taste way better when you've been on a wilderness trip for a few days. Coincidentally, we met two people who had a connection to Wavus, so it was fun to talk to them about our experiences. When we got back to Black, we began to cook our southwest mac-n-cheese, only to discover that the salsa's vacuum sealed bag had air in it and its contents seemed rotten. After tasting and smelling it, our counselors decided it had gone bad, which Anne was very disappointed about because the southwest mac-n-cheese was one of her favorite meals. The mac-n-cheese still tasted delicious, and after everyone had had seconds and was full, we still had half a pot of mac-n-cheese, so we began stuffing ourselves. We cleaned our bowls and decided to make hot cocoa. Then we ended our day with circle time and ran off to bed before the bugs ate us alive. - Devyn Winter

and Eloise Lobenthal

Day 5

Today was the last full day of paddling for our AT Sea trip. We woke up at about 6:40 and got all our stuff ready before we ate oatmeal with peanut butter (an odd, but delicious concoction). Then we left for our paddle which was about 2 hours long for Black to Crow, our next destination. When we were almost at Crow we met up with Cherokee girls who were on a day trip to Hog Island. After saying hi to them, we got our boats on shore and un-loaded. Then we had cheese quesadillas. Afterwards, we relaxed for an hour or so before paddling to Hog Island to hang out with Cherokee. On Hog we went on a nature walk and jumped off of the roof. We also raided

some of Cherokee's left over pitas and peanut butter because we were so hungry from paddling. When we got back to Crow later that afternoon we hung out for a bit before eating rice pilaf and ravioli. For dessert we had Oreos, which we savored. Then, to top off the day, we had circle time and everyone talked about what they were most proud of for the trip. Finally, we went to bed early because we had to wake up at 4:30 the next morning for our transfer to hiking. - Marley Santos

and Sinclair Meggitt

Day 6 - Transfer Day

On our 6th and final day of sea-kayaking, the Osage girls woke up to a nice sunrise and some tasty lunar bars (chocolate chip cookie dough or dark chocolate almond). Somewhat full, we loaded up the kayaks and began our descent to Bremen, which took all of 20 minutes coming from Crow. After unpacking the kayaks and disposing of our trash we just hung out until the van arrived (applause!), and half of our trip was already over. Piling into the van, we were surprised with donuts that Mary Anna had brought us... YUM! The van trip was spent resting and coming up with unique trail names. Finally, we arrived to the Bigelow range and switched our gear with Mic-Mac. Anxious and excited, we all hiked to Horns Pond Lean-To, which took about 5 hours. The weather was somewhat dreary, but we set up our tents and everything else at the gorgeous campsite. It was drizzling and cloudy, so we had dinner in the lean-to and told stories about our lives outside of camp. Our first serving was a half bowl of rice followed by a delicious chicken quesadilla. We met to two thru-hikers, a brother and sister pair, and talked to them about their



experiences on the trail. They were named Ringleader and Monkey, and they answered all of our questions about life on the A.T. for about 2 hours. It was a great way to fully understand the A.T. They told us stories about bears and weather, and also about reasons why they decided to do the trail. Ultimately, they made us laugh and have a good time. In the end we closed up the night by sharing a big bag of skittles that Emma had carried up the mountain from re-supply. Before we went to bed everyone filled up their water bottles in the pond so that we could sip on them in our tents. Even though it was raining throughout our first night, we all still found a way to make it great! - Leaders of the Day:

Larson Bennett and
Camille Dunwoody

Day 7

We woke up to our 2nd day at Horn's Pond. It rained over night so our tents were pretty wet. We had a very filling breakfast of bagels and nut butter! We were so cold that we sang the jelly fish song to warm up and may have scared some thru-hikers with our enthusiasm. Then we started off. As L.O.Ds, Grace lead and Eloise brought up the rear. We hiked over South Horn and West Peak, which had the tallest elevation of the trip! Still full from breakfast we had a small GORP and bar lunch and kept hiking until we reached Avery Memorial campsite where we set up camp on tent platforms. The platforms were all a good ways away from each other. Being so high up, we were in a cloud, which was cool, but prevented us from seeing a view. After a quick lesson on whisper-lites, we had water boiling for Southwest Mac and cheese. We had circle time shortly after dinner in fear of rain and got into our tents early. Sure

enough, a storm came through and the cloud we were in was a thunder cloud. It was very exciting to be in the middle of a thunderstorm! Ultimately, we all slept soundly because we had hiked a good 3.5 miles. - Leaders of the Day:

Eloise Lobenthal
and Grace Glovier

Day 8

Today was our 8th day! Time flies when you're having fun. Breakfast was some delicious Clif Bars and a couple of handfuls of GORP. Then we started our two mile hike up Avery Peak and back down to the next campsite. We did some bouldering on the way up and when we got to the summit we had some beautiful, if foggy and short live, views of Flagstaff Lake. We took our time climbing down and had a very enjoyable lunch of cheese, sausage and pita. We got to our next campsite around 3 pm and had lots of time to chill. We let our stuff dry, while some of us washed off in the creek, and then everyone talked until dinner. We had ravioli and rice pilaf, and then the counselors surprised us with hot cocoa! YUM! After enjoying the treat, we settled down in our tents 10 minutes before it started pouring.

- Leaders of the Day:
Lauren Brady and
Emma Zetterberg



Day 9

Today, we woke up at the Stafford Notch campsite, packed up, and headed out for our longest day yet. I (Rebecca) started at the lead, setting a fast pace for about an hour or two later, we reached the summit of Little Bigelow and had a GORP and bar break. We also took some pictures. Then Camille took the lead and we reached our next campsite by 1 pm. So we decided to have lunch and set up our tents. Later

that night, Camille and I started on dinner by boiling water for the Ramen noodles and cutting up some peppers to go along with it. After dinner we played some games like “ninja” and “big booty”, and we had circle time, where, as leaders of the day, we had to come up with a question for everyone to answer. Everyone responded to the question “what was your most memorable experience on the trip so far?” It was interesting to hear what everyone said, and after we were all done we cleaned up and headed in for the night.

- Leaders of the Day:
Rebecca Cibbarelli and
Camille Dunwoody

Day 10

We awoke to a nice bowl of oatmeal and readied ourselves for our 7-mile hike. We were all very anxious to get to West Carry Pong, but also tired from the past few days. While hiking we tried to play numerous games, but in the back of the line where I (Larson) was, we ended up talking about cute boys in movies we’d seen. We finally got to the campsite much earlier than we anticipated, so we sat and played card games in the lean-to to wait out the rain. We also gave each other back massages, which felt great after carrying a pack for 5 days. We made pita pizzas for dinner and then

had delicious scrambled brownies for dessert, which we’d been waiting for over the course of the entire trip. We packed so much that we made two batches... delicious! At last we had circle time and said what we were proud of during the whole trip.

- Leaders of the Day:
Eloise Lobenthal
and Grace Glover

Day 11

This was our last day of backpacking. We woke up around 6 am. Then we had granola bars for breakfast. We had to go 6 miles by 11 am. The first 3 miles took about an hour, which was pretty fast. The next 3 took about an hour and a half. Everyone got really excited when we saw the road. Sara Taylor came shortly after to pick us up. She brought us yummy sugary foods, which we loved. We sang to music and slept in the van. We stopped for Subway for lunch and it was amazing to have food in a restaurant after eating on the trail for the past 11 days. We returned to Wavus during rest hour, so we drove through cabin row blasting music and being crazy. Then we cleaned all of our gear and went to J Scoop, which was a fantastic ending to an awesome trip!

- Leaders of the Day:
Larson Bennett and Marley Santos

Mic-Mac “My Friends”

HBC: Eliza Cress

JC: Kristina Garland



July 22 - Day Hike Ragged Mountain

We left camp around 9:30 am to travel to Ragged Mountain. It was a gorgeous day. This is the first time to hike with our big backpacks that we were going

to use on our backpacking trip in the Bigelows. The hike that day was about 6 miles total. We ate some blueberries on the way up with our granola bars. When we got to the summit we ate some lunch and relaxed for a while, until we had to move because a storm looked like it was heading right for us. So we started the descent. On the way back we spotted a nice swimming

place in Union, Maine. So we stopped and jumped off the cliffs at this rock quarry, the water is 125 feet deep. It was so much fun.

July 24 - Hog Island

Day 1

We started the day off by learning how to pack everything we would need for a sea kayaking trip into our dry bags. We then left camp and headed to Bremen Landing to pack our kayaks and head to Hog Island. When we got to Hog Island around ten we started packing our food and our gear into the kayaks. It was hard, but we still managed to do this in about forty-five minutes. We paddled out to Hog Island and ate a snack, after our snack we paddled around the northwest side of the island to the south side of the island to our campsite. It only took us about 45 minutes. We then set up camp, and had lunch. It was very sunny out, so we practiced wet exits and learned how to get back into a kayak that was full of water. After we had dinner and then went to bed. It rained that night and when we woke up it was very wet at our campsite.

Day 2

The second day of our Hog Island trip consisted of paddling around the east side of the island to meet Ryan Pelletier, an Environmental Education Coordinator on the island, and learn about Leave No Trace. About 11 o'clock we paddled around Cow Island and around Oar Island, while having lunch on an unknown island in between. After having a chance to eat and relax on islands all day, we decided to paddle back to the Bremen Landing. We arrived around three o'clock and unpacked the kayaks and learned how to pack the trailer and how to load the

kayaks onto a trailer. We all got back to camp in time for G-swim.

July 27 - AT Sea

Bigelow Mountains

Day 1

We woke up at 6:45 am to have plenty of time to finish packing and to clean our cabin. Then we took our packs and headed to the Jewell to fill up our Nalgene's and finish distributing food and gear for our trip. Afterwards we went to our last morning flag for eleven days. We sang songs and eagerly headed to breakfast, where we enjoyed eggs, sausage, yogurt, and fruit. After finishing breakfast we piled into the van to drive to the Appalachian Trail where we came to the start of our 6 mile hike for the first day. Before we started hiking we made sure to fill up on some PB&J sandwiches. At the beginning of our hike it started off a little slow because most of us were not used to heavy packs. After thirty minutes we were off and going strong. We stopped every 30 minutes to stay hydrated but kept moving quickly. Along the way we enjoyed beautiful ponds and forest life. Finally when we got to our camp site we were surprised to find a comfortable lean to, perfect to fit us 11 girls to sleep in. We went swimming in West Carry Pond, and then we ate a dinner of orzo and peppers. It was pleasant first day.

Day 2

On day two we woke up bright and early at 6 am after all sleeping in the lean-to together. We rolled up our sleeping bags and pads, got ready and then learned how to pack our backpacks better. We lined our packs with garbage bags to protect our gear in case of rain. We then enjoyed a breakfast of dry cereal and granola. We filled up our

water bottles and got hiking. Our hike was 7 miles today and the terrain was very steep both uphill and downhill. Along the way we refilled our Nalgene's and occasionally got to see some very nice views of the mountains that we were expected to be on within the next few days. After several hours we arrived at our campsite on the side of Little Bigelow Mountain. We set up camp, ate lunch and then relaxed. We hung out at camp, ate and then went to bed shortly after.

Day 3

Today we woke up at 6 am, packed up and ate a hearty breakfast of oatmeal before heading off to hike. We hiked a short 1.5 miles up to the summit of Little Bigelow before stopping for a break and to enjoy the view of the area. It was a beautiful site at the top, so we decided to pull out our sleeping bags and hang out there until after lunch. We could see Sugarloaf Ski Area from the mountain. About two hours later we had some nice sandwiches containing peanut butter and nutella. We then continued to hike four miles to our camp site where we had a quick snack of chex mix, before exploring the area, drinking water and chatting things up. Later we made a fire and started on dinner. That night we had some delicious pasta with pesto and tuna. Then before going to bed we made and hung up bear bags, just in case. It was a really nice day but sleeping that night was greatly appreciated.

Day 4

Today we got up at 6:30 am and ate some Clif bars. We hiked uphill for 3 miles to Avery Peak and then relaxed on the summit for a bit. We then got to our campsite, Avery Peak Memorial, where we had a lunch of humus and cheese on pita. We had only arrived

at around noon so we decided to head to the next site at Horns Pond. The hike took another three hours mostly downhill. When we reached the site we pitched our tents and shared bags of GORP. We hung around our tents until dinner when we had rice and beans, which we devoured after our long day of hiking. We then chatted among ourselves until we went to sleep.

Day 5

Today we woke up at 8:10, enjoyed our Clif bars for breakfast and set off on our hike. We had a really easy day ahead of us, only four miles total and three of them were downhill. When we got to our campsite, the Cranberry Stream Campsite, we settled down and had our last lunch for hiking which was nutella (our favorite) and peanut butter sandwiches. After lunch we went to the stream and cooled off. We sat around and played some jump rope games and then ate dinner, went to sleep and dreamt of resupply the next day.

Day 6 – Resupply

Transfer to Sea Kayaks

We woke up at 7:30 am and packed our backpacks and filled our water bottles and headed out. Our hike was a mile long and we did it in twenty minutes. We had to wait for Osage Cabin and the van so we could unpack our bags. We played a few games of Mafia to pass the time until out of nowhere appeared Mary Anna; she asked us if we minded bringing our stuff to the van. We didn't ask how far, we just said ok. It turned out the van was just around the corner. We quickly made the switch and went to Subway for lunch. We then got dropped off at Bremen, packed our kayaks and headed to Crow Island for the night. It was a very short paddle that day, and the island was very nice.



Day 7

On the morning of August 3rd, our second day of sea kayaking, we woke up a little later than usual. We enjoyed a breakfast of dry cereal before packing up to leave. Next we departed the island and made our way to Thief Island. On our way we stopped at Louis Island where there was a nice sandy beach to tan and eat lunch at. At about 1 o'clock we made our way to Thief Island to find out it was being occupied and there was not enough room, so we continued over open water to Black Island. Soon we realized it was quite the journey when the wind picked up. When we arrived we unpacked the kayaks and set up camp. We found some raspberries to eat and we had dinner of pasta cheese, and pepperoni. Then we relaxed on the rocks and finally headed to our tents after an exciting day of exploring the Maine coast.

Day 8

Today we woke up at 7:30 and enjoyed a nice breakfast of oatmeal. We packed our kayaks and headed to Black Ledges on the eastern side of Black Island. We spent the whole day swimming, tanning and talking. We started paddling around Cranberry Island and up Otter Passage and back to Black Island. We saw Kieve on the Snowgoose. When we got back to the campsite, we relaxed on the rocks, ate dinner, read our books and went to sleep.

Day 9

Today we woke up at 5:30 am to try to beat the wind and fog. We packed up everything and were on our way at 6:00 am. The fog rolled in thick that morning and we were navigating by what we could see of land masses and by navigational buoys. The visibility was less than 1 nautical mile. But around

8 am we got to Ames Island. Had our breakfast, and then to kill some time we got in our sleeping bags on the rocks and Emma read an entire book out loud to us. Lunch today was pita and peanut butter, honey. At 3 pm we ate some chex mix. After we finished the book, we made dinner with pasta, cheese and pepperoni. At last we curled up in our tents to sleep. Only two more days in the wilderness left.

Day 10

Today we woke up at 6 am, packed up camp and quickly started our paddle to Bremen. We were on the water for about an hour and a half. We paddled from Ames around Bremen Long Island and around Oar Island. It was a great morning to paddle, with no wind and bright sunshine. Then we sat down for breakfast, set up our tents and took some smaller kayaks to Hog Island for the day. We hung out all day and had a great time swimming and tanning, chatting and relaxing. We had hummus on pita for lunch and munched on some GORP. When we got back to Bremen we went in the water for a quick dip and ate dinner. We had a relaxing last night and did some pushups and a workout, and went to sleep dreaming of returning to camp the following day.

Day 11

This morning we woke up at 6 am and loaded the kayaks onto the trailer, and made our way to Damariscotta Mills to start our paddle on the lake back to camp. We paddled past Kieve and through the Narrows and past camp so we could stop at J Scoop. The paddle only took us 3 hours and we even went swimming along the way. We were a bit early for J Scoop so we had an early lunch and then jumped off the bridge in Jefferson. We did finally

get J Scoop. It was amazing! After J Scoop we paddled for 20 minutes back to Wavus, cleaned the kayaks and moved back into our cabin. It felt great to be back!

August 11 - Beach Day

This morning instead of going to the beach we decided to go to the “cliffs” where we went swimming after our Ragged Mountain trip.

We left at 9:30 am and hung out there until 12. It was a lot of fun jumping off the rocks and taking pictures of us jumping into the air. We brought some candy to eat. We got back to camp just in time for lunch and to make sure we would get a chance to sign up for the last day of activities.

It was the perfect weather to be swimming and jumping off the rocks.

Iroquois “Community”

HBC: Hildy Schott

JC: Sarah Trautman

July 27 - Hundred Mile Wilderness Trip - HUNDO

Day 1

We woke up at camp and hustled out of there in a relaxed way. We exchanged sad and sometimes tearful goodbyes. Manna drove us in the van to route 15 and we listened to GREAT jams the whole way, mostly singing to Erin! We continued to sing fun songs to keep our spirits high as we began the AT. It was a short hike (3 miles) to Leeman Brook Lean-to. There was another group there already—a very large all girls group from Camp Merrowvista. They were loud. One of them got a bloody nose and had to use a tampon to stop the bleeding. We laughed secretly. We had pesto pasta for dinner with a little turkey. We fell asleep early and woke up to cook apples over the stove. They smelled great!

Day 2

Our first day of real hiking! Woke up dazzlingly early to hike 7.4 miles to Wilson Valley Lean-to. We met a very cool through hiker under the trail name *Hotpants*. Indeed, he had hot pants! We were taken aback by our first river

crossing where we “actually had to get our feet wet!” We passed a beautiful waterfall where we took pictures, filled up Nalgene, and ate granola bars. At our site, we made a campfire and cooked bagel pizzas that burned a bit, but were sooo good.

Day 3

After an extremely hot and uncomfortable night we woke up anticipating our 8.7 miles to Cloud Pond ahead. We summited Barren Mountain: a challenging but rewarding hike with epic clear views. That night at Cloud Pond (a very spacious campsite) we first met with *Lacy*. *Lacy* was a very colorful trail/lean-to companion with whom we shared the lovely Cloud Pond view. Although it was a beautiful campsite, it was an annoying .4 miles off trail. By the time we rolled into camp, Erin and Hildy had death feet from hiking in wet socks. They recovered with some delicious grilled cheese for dinner. While eating, we learned how to VOEMP—vent, own, empathize, and plan—a method of resolving social problems. As examples, Hildy and Sarah voemped about making dinner, and Erin and Meredith voemped about Erin’s negativity on trail.

Day 4

Today we began the adventures

of assigning trail names. We learned the acronym for a privy: bathroom in friendly forests: BIFF. The hike included 3 mountains and a lot of elevation changes. The view off the third mountain was amazing! Rosie loved it and experienced her first "I love hiking!" moment. Meanwhile, when asked to describe her state of mind in one word, Erin, in between desperate gasps, stated, "I hate this!" but when reminded that she could only use one word she shortened it to, "hate!" Good times! Unfortunately, Chairback Gap Lean-to did not have water, so we got extra from a stream a mile beforehand. We made rice, beans, and onion chips for dinner. Sarah and Hildy tried to teach us about the leadership grid, but couldn't remember what the axes stood for. Fail. We did learn about different leadership styles to help us on our LOD days.

Day 5

We woke up crippling early in the freezing cold pitch black essence of 4:30 am middle of the woods. We were immediately rewarded with the amazing view of the sunrise off Chairback Mountain. On our way to resupply we passed an old man and his two goats—Moose and Rocky. We were perplexed.

It was all downhill to the logging road at which we got resupplied. While we were waiting, a man pulled up with a cooler. "Are any of you guys hungry?" "No thanks, we just ate." He leaves food for hikers. The second he leaves Eliza and Lillie went to investigate and found whoopee pies and soda!! Tons of it! After re-packing our newly filled and heavy packs, our first hurdle was a river crossing. Rosie succumbed to the weight of her pack and fell face down into the rushing wide cold river.

And stood up laughing. We arrived late to a busy campsite. A boys' group camped next to us and probably hated us because we were so crazy during dinner and discussed our experiences slaying dragons.

Day 6

Although we were slightly unnerved by our official hardest day of the trip, considerable buildup made it underwhelming. The first three peaks yielded no views, as the day was cloudy, but our efforts were rewarded at the top of Whitecap with our most astounding views yet. We also got a glimpse of Katahdin from the back side of Whitecap, where some through-hikers were also soaking in the sight. After three miles of downhill, we arrived at the Day 6 campsite, which was small, quite full, and rocky. While we were resting our feet in the creek, we witnessed a hiker with a super cool laser beam water purification device. *Lacy* then tried to convince us that we didn't need to purify water and could drink right from the streams. Thanks, *Lacy*, but we don't really want Giardia.

Day 7

A considerably relaxed day, with only one summit. On the way down, Erin got a dramatic bloody nose, and continued to hike with a tampon jammed up her left nostril. We ate lunch at a beautiful lake. Very tropically sunny day. The campsite felt small, but there were many tent sites up a small hill. It also sported a newly updated, almost civilized BIFF. A spacious pool created by Cooper Brook also allowed us to bath with Dr. Bronner's Magic Soap and bandannas.

Day 8

Today we woke up to rain for the first time all trip. However, the rain

luckily faded away and had entirely disappeared by mid-day. Very relaxed, flat morning filled with memorably chirpy conversation. We took a leisurely lunch break, including naps, mat food, and sharpie tattoos. We also met a Merrowvista group also hundo-ing, who we saw frequently in the days that followed. After enjoying the view of a beautiful sand beach we arrived at Potaywadjo Spring Lean-To.

Day 9

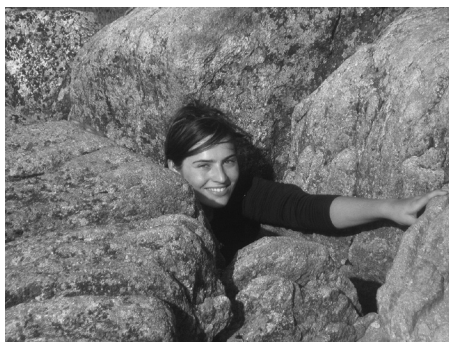
Potaywadjo Spring Lean-To to Wadleigh Stream Lean-To. 10.1 miles. We stopped frequently for long, relaxing breaks, including one at a perfect sand beach where many of us swam and indulged, again, in Dr. Bronner's, and Sarah and Hildy sunbathed on an abandoned motorboat. We first discovered the unique game of privy tennis at this beach.

LOOK RIGHT ← → LOOK LEFT

Wadleigh Stream was BIG and the sites were flat. We met a very interesting lost and sad through-hiker named *Bard the Changeling* claiming to be looking for his lost companion. Later, when we met the companion, it turned out that *What Time Is It?* had purposefully tried to lose *Bard*. Unfortunately for *What Time Is It?*, it is hard to shake people when there is only one place to go to. Hildy and *Bard* shared a hilarious rendition of one of the many endless songs from the must watch TV series "Flight of the Conchords". This put Rosie in a very good mood.

Day 10

A surprising and different day, to say the least. After packing up our bags and heading to the lean-to, we found the following note: *Hot Pants* whisked us away!! Be at Rainbow Spring Campsite by 5 PM August 5th for ransom." We couldn't fully get



our heads around this idea but by 7 am we had left camp all the same. We made long plans of hitchhiking back to Wavus but at the top of Nusuntabunt Mountain, we saw Sarah and Hildy hopelessly attempting to hide behind a rock. Meredith went to seek them out but was told the following. "Go away! Pretend you did not see us. You're on your own today!"

The hike was very relaxed. We stopped for many hours and eventually Hildy and Sarah passed us because they didn't want to keep waiting on trail. When the counselors got to the campsite it was so buggy and muggy that they had to get in the lake! Sarah found Hildy peaced out, floating in the lake and was afraid she was dead. Then Hildy really did have a brush with death when a very large leech latched onto her foot! Meredith finally got it off her by clubbing it to death with a rock. No one else would get in the water afterward for fear of leaches.

That night we felt very patriotic and sang the national anthem while cooking dinner. Merrowvista even joined in!

Day 11

Today after hiking an exhausting but rewarding 10 miles we arrived at Abol campsites and store! Finally, the long awaited legendary store! We checked into our campsite first and set up our tents. We were all amazed to see people other than through-hikers and they had cars, coolers filled with real food, and real towels! We got dinner from the store. Even though we were allowed to buy whatever we wanted (provided it was under 10 dollars) we all bought Ramen Noodles which cost only 50 cents. We were also allowed to buy a treat for dessert, and everyone bought chips... except for Lillie who got the

smallest can of peaches possible. Good one, Lillie.

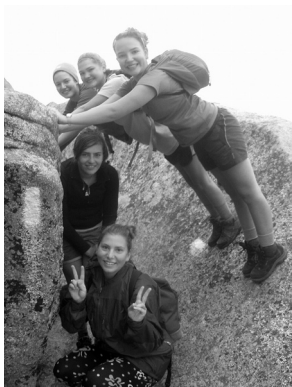
That night we shared our campsite with Merrowvista and had some fun times in the tent watching them.

Day 12

Today was the day we finally reached our destination... Katahdin! The base, anyway. But first we had to hike there. We took a long break along the Penobscot River where some rafters came to swim down a waterfall. We even saw Josh, our raft guide from last year!! Meredith and Rosie lost it, they were so excited. They went to talk to him and he remembered them! They talked about how to cook a trashcan turkey.

The rest of our hike was fairly uneventful except when we crossed a river with Merrowvista. There wasn't a clear way across so we had to rock hop. Some of us fell in. Our favorite MV counselor, "Dan the Man," did work (!) on Sarah and they even danced on a rock ("look, we're dancing!"). Eliza wished it were her instead.

Seeing Katahdin up close made it seem even more daunting. We were camped at Katahdin Stream in Baxter State Park in a secluded area. Shortly after our arrival, a representative from Baxter came to give us a presentation of *Leave No Trace* (LNT). We impressed her with our knowledge of the 7 principles. She also taught us about the history of Baxter as well. That night we ate lumpy but delicious pancakes that were so fat we called them biscuits. Sarah and Hildy attempted to both fit in Hildy's sleeping bag and then walk around, but that ended badly on the ground. Also we made the decision to climb Katahdin the next day rather than take a rest day because the forecast predicted sun.



Day 13

KATAHDIN! Going up was a breeze, with our light daypacks. We hiked a mile uphill in only 20 minutes! We realized how fit we had become after hiking 8 hours a day for two weeks straight. The rock scrambling was a lot of fun, if not challenging at times. The tablelands were quite beautiful and we couldn't believe how open it was after hiking in the woods.

When we got to the top we had an amazing view and had lunch and lollipops! We saw some heavily bearded through-hikers finish their trips which was pretty cool to see. Descending down Knife's Edge Trail was not quite as easy as our hike up... It started to rain and blow strong wind. It felt like we were in a tornado, but we managed to get through it and help each other through the tough bouldering. New limits! As we got down to tree line it felt like it went on for miles and was deserted. When we finally saw Sarah Taylor some of the girls started crying for joy because it meant we had finally finished HUNDO! We ended the night with pita pizza and Mountain Dew, courtesy of Sarah Taylor.

Day 14

Our final official day of the trip, we technically slept in, although

really we woke up at 2:30 am and couldn't go back to sleep. It was raining solidly all night. Eliza woke the counselors up with a very loud, "HAGEN DAAZ VON SCHEIZEN MEISEN GESUNDHEIT!!!!!!!" They rolled over and, barely roused from a sound sleep, returned to slumbering. Several hours later, the counselors invaded the camper tent with a loaf of banana bread, fresh from Kim's kitchen!

After chowing down on delicious home cooked food, Iroquois packed up the site for the last time and piled in the van to go do a stewardship project for Baxter State Park. With the strength of 7 women, plus Sara Taylor, who alone equals 7 women, we did a day's worth of work for a man in 17 minutes, incubating dough babies all the while. Then we went to say hello to Long Voyage. At the sketchy campsite they were cloistered in, we baked the dough babies into baby pizzas, then rolled on to Wavus. Back at Wav, we attempted to make a surprise entrance from the roof of Jewell, but everyone within a 5 mile radius smelled us and the camp was warned. They pretended to be surprised when we threw marshmallows at them from the roof. **YAY HUNDO!!!!!!!!!!!!!!!!!!!!**

August 12 - Snowgoose

Fortune was definitely on our side today. We awoke to a beautifully sunny day and headed out to Bremen after breakfast. We rocked out to some sweet jamz courtesy of Alice on the way and arrived early. Maine Trails, who was ending their trip, provided us with some entertainment while we waited. Meredith announced “the bet” (smooch a boy or get thrown in the water at fireworks!) to the boys, and we actually had some takers! Lillie and Eliza refused the offer, much to our disappointment. Turney, one particular gentleman from MT, introduced himself to us. Hildy got his name wrong 5 times.

Due to an Audubon Society convention on Hog Island, we couldn’t do stewardship. We were sad, but it meant we could spend the day on the Snowgoose with Frances, Captain Bill, and Troy!! Score! Captain Bill boated us to see a bald eagle, seals, and even

some PUFFINS!!!! Their beaks sure are funny looking.

During lunch, we anchored in a little cove protected from the wind. Sarah and Hildy were the first to jump off the roof into the freezing water, but Rosie, Eliza, and Lillie were quick(ish) to follow. Meredith made conversation with Captain Bill and he thought she was a counselor. She also took numerous photos with the dog and lobsters that Erin hauled in from the bottom of the sea. We then established that Erin and Captain Bill had met once before when the Snowgoose crashed many years ago.

The rest of the ride consisted of sunbathing and burning on the bow of the boat. We returned to the mainland around 3pm and drove back to Wavus, taking a detour to jump off the Damariscotta Bridge into the lake. Jewellio’s and fireworks were a great way to end our perfect day!

Long Voyage

HBC: Belinda McGehee

JC: Lisa Carson

The Longest Voyage of all Voyages

-Written by the Long Voyage Campers

Day 1

We awoke bright and early at Wavus as we prepared for our departure. We followed our usual morning routine of eating breakfast and going to flag. Then, we left camp to begin our journey. We had a very long drive to Baxter State Park where we set up camp and later went swimming. Back at the campsite, we enjoyed dinner of chicken and steak fajitas and s’mores. After that, we stumbled into a deep slumber to rejuvenate and prepare for the journey ahead.

Day 2

Today, we woke up at the beautiful hour of 3:45 AM to get up for our hike up Mt. Katahdin. After a long struggle up the perilous mountain, we finally summited in our homemade tutus. Then, we enjoyed a scrumptious lunch of salami and cheese pitas. After that, we trekked down the mountain, and returned to the van, sore and exhausted. Later on in the day, we had a delectable dinner of burgers and once again delighted in s’mores.

Day 3

Today, we slept through the stunning sunrise, deciding to indulge in some extra sleep. We awoke to scent of oats in meal form, served in our molding bowls which haven’t been cleaned in 100 years. We will be using them for the next fortnight without cleaning them

at all. We made an odyssey to some natural waterslides, where we slithered down like poisonous water snakes. Then, we drove to our campsite, The Birches, at Moosehead Lake. Shortly upon our arrival, we shared a bonding campfire with our lake brothers, Long Voyage III.

Day 4

We woke up at 4 am and had bagels and were on the lake circa 5:14. Due to the highly aggressive winds, we had to fight tooth and nail to arrive at the campsite safely around 11:40 am. We were relieved to finally arrive and set up our tents and enjoy a beautiful lunch of power energy bars and Oreos. Our LV III lake brothers beat us to the campsite and were waiting eagerly for us. We enjoyed hanging out with them and sharing the campfire after our delightful meal of chicken and mashed potatoes.

Day 5

Today was our first rest day. We stayed at Seboomic Point for a second night. For breakfast, we had S&M pancakes with honey and strawberry jelly which were delish. We spent the day swimming, tanning and washing our clothes. Lunch was hot turkey quesadillas. After lunch we played cards, swam some more and relaxed. We had pita pizzas for dinner and went to bed.

Day 6

Today we woke at 4:30 am and ate bagels with peanut butter and honey. We then got in our canoes and paddled for an hour on the very windy Moosehead Lake, which was lacking moose. Next we found Northeast Carry and portaged the canoes and gear to the Penobscot River, a 2.1 mile portage. We were rewarded with soda and candy and then ate lunch and paddled the

Penobscot for 4 hours. We arrived at our campsite, Big Island, at 4:15 in the afternoon. After a large, delicious dinner of southwestern mac and cheese we went to bed.

Day 7

After waking up at around 7:30 am, we headed out on the Penobscot River. A few hours later we arrived at Chesuncook Village on Chesuncook Lake where we enjoyed fudge and "root" beer from "The Store". After feasting, we lake paddled with strong winds to our campsite for about an hour. We had a good dinner; alfredo pasta and fell asleep after a day of hanging out.

Day 8

After an early wake up of 4:30 am and a quick breakfast of oatmeal, we were off. We paddled through the calm Black Pond. Finally, we arrived at the horseraces, the big task of the day. We walked our canoes up the miles of knee deep rapids, which took us many hours. At the end of the horseraces, we enjoyed lunch and continued paddling to our campsite. Once we arrived at the campsite, we ate rice and beans and entered to the world of dreams yet again.

Day 9

This morning was a beautiful time to enjoy S&M pancakes. After breakfast Sam Kaplan and Sara Taylor arrived and gave us resupply, which we received with excitement. We loaded the truck with our canoes, gear and us and drove to the point at which we could no longer drive and portaged all the gear and canoes a mile until we reached the lake. We paddled for the afternoon and missed the first campsite, Outlet so we continued down a stream for another 2 hours until we reached the Little Allagash Falls campsite. We

had dinner of fajitas and went to bed.

Day 10

Today we awoke to the sound of Little Allagash Falls and enjoyed a breakfast of Honey Bunches of Oats and Silk. We then packed up the canoes, and headed out at six. We continued our journey of dragging our canoes down Allagash Stream. Finally, we made it to Chamberlain Lake. We paddled for a while and made it down the lake three miles where we took a snack break and met the nice ranger. We then continued down the lake and decided, as the wind began to pick up, to enjoy lunch and stay the night at Donnelly Point Camp site, rather than crossing and staying at Gravel Beach. After setting up tents we enjoyed an afternoon of swimming and washing. That night we made luscious burgers with avocado and tomatoes. We went to bed preparing once again for an early start.

Day 11

Today we woke at 6 am and left the campsite after a breakfast of oatmeal. We paddled for about 3 hours until we reached the Boy Scout campsite and we camped across the river at Thoroughfare. We stayed the day and went swimming, sailing and rafting on our therma-rests. We wrapped up the day with a dinner of pita pizzas and a campfire with LV3.

Day 12

After a nice sleep-in to 8:00 am, we woke up to enjoy our rest day. We had grits for breakfast; the biggest challenge of the day was having to finish them. We spent the day swimming, reading and hanging out. We had peanut butter pitas for lunch and pita pizza for dinner and went to bed.

Day 13

We woke at 7:30 am and ate oatmeal. Today we paddled for a few hours in

a lake and ran an unexpected rapid in which Belinda and India capsized due to a fallen tree but they quickly recovered. We reached our campsite soon after and had some free time before dinner. Dinner consisted of fajitas and we spent the remainder of the evening mentally preparing ourselves for the challenge of Webster Brook the following day.

Day 14

We rose at the beautiful hour of 5 am. The bugs attacked our tender flesh with their stinging tentacles, so we frantically ran to push our boats off and started paddling towards Webster Brook. We easily completed the first two thirds of the rapids, but things got a bit more difficult as we reached the end. We had two boats flip, one of them nearly got snapped in half but survived with just a few bends and bangs in the gunnels. When we thought it would all be over, we had to do a mile portage at Grand Pitch Falls. We were relieved to be done and enjoyed a yummerz lunch of pita and peanut butter. We continued onto a 9 mile lake paddle, which felt very long. We were happy to finally reach the dam which took us to the Penobscot River. As we paddled a very short river paddle to our campsite, we were surprised to see our younger lake brothers, Bank I. We enjoyed bathing and a yummy meal of fettuccini alfredo. We were also gifted with sparkling cider from the nearby campground store.

Day 15

Because we had a tiring day yesterday we were blessed with a few extra hours of sleep in the morning. Once we were packed, oatmeal was served and we were on our way. The paddle began easily with a calm, scenic river. However we did have multiple rapids

throughout the day. (Nothing to worry over though). We were challenged with 2 and a half portages, but after Northeast Carry and Webster Brook we were pros. After finishing our half portage (where we portaged the canoes and camped at a site along the trail and portaged the gear in the morning) we put up our tents just before a small shower came. The rest of the afternoon brought rest and relaxation, as well as bacon mashed potatoes and scrambled brownies.

Day 16

We woke at 7 am and ate oatmeal. We then packed up camp and portaged the gear to the river. Next we paddled like ducks to the next portage trail and portaged everything half a mile on a very narrow trail and then continued to paddle for about 5 hours to our campsite. We silently watched some moose towards the end of the paddle, which was exciting. Then we had mac and cheese with bacon for dinner and then were off to bed.

Day 17

This morning we enjoyed a breakfast of Honey Bunches of Oats and then took off at 5am for our last day of paddling. Midway through the day we took a quick stop and scouted the Grindstone rapids. After going down the Grindstone Rapids, we then had Nature Valley Bars and peanut butter for lunch. The rapids were a lot of fun and no one flipped!

Day 18

We woke at 9:00 am at Pinegrove Campsite, excited for our resupply and transfer. At 12:30 Mary Anna arrived in the van which we loaded with boundary bags, canoes and ourselves after eating lunch. We drove to Penobscot Outdoor Center and pitched our tents and hung out in the lodge and finished the night



with a mashed potato steak pizza and a campfire with LV2.

Day 19

We woke at 6:00 am and got ready for rafting. We went down to the lodge and left for rafting with LVII. We rafted down class fives on the Penobscot River in rafts steered by professional rafting guides. Going down the scary class fives, the 12 foot waterfall and being soaked by "The Exterminator" was fun and the lunch we had was really good. We finished rafting around 3:00 and loaded the van once again to head back to Wavus. We stopped for dinner at the Golden Arches (Mickey D's) and arrived back at Wavus at 8:30 but let the camp know of our arrival at 10:00 when we awoke the camp for a psychedelic, strobe-light, legendary, dance-party entrance.

August 13 - Beach Day

We left at 9:30 am and drove to Popham Beach where we parked the van and laid in the sun until LV1, 2 and 3 of Kieve arrived. Then we swam and ate lunch and hung out with them until 3:00 when we left and went to Round Top for some well-deserved ice cream.



Wavus Blanket and Paddle Tradition

Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session. This year the recipients were:

Camper Name	Cabin	Session
Bethany Berry	Iroquois	First
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lindsay DeMuth	Iroquois	First
Cullen Lapointe	Iroquois	First
Emily Rodrigue	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sam Essig	Long Voyage	Second
Erin Gates	Iroquois	Second
India Kline	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Valerie Hirschberg	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Rosie Palmer	Iroquois	Second
Emmy Peters	Long Voyage	Second
Meredith Petralia	Iroquois	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second
Eliza Sneedeen	Iroquois	Second
Lillie Tuthill	Iroquois	Second



Blanket

Iroquois Cabin campers are blanketed for their 100 mile achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

This year the recipients were:

Camper Name	Cabin	Session
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second



Past Recipients of Wavus Paddles and Blankets

2008 Paddle Recipients

Camper Name	Cabin	Session
Hayley Bright	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Chelsea Guptill	Allagash - Green	First
Adrian Huntington	Allagash - Buff	First
Laura Lee	Allagash - Buff	First
Emma Murphy	Iroquois	First

2009 Blanket Recipients

Camper Name	Cabin	Session
Zoe Atchinson	Iroquois	First
Charlotte Blake	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Anna Feiss	Iroquois	First
Grace Muller	Iroquois	First
Ellie Weickert	Iroquois	First
Carey Hauber	Iroquois	Second
Carolyn Ziegler	Iroquois	Second

2009 Paddle Recipients

Camper Name	Cabin	Session
Drew Boulos	Allagash	First
Cullen LaPointe	Allagash	First
Emily Rodrigue	Allagash	First
Alaire Davis	Iroquois	Second
Lexi Dorman	Allagash - Green	Second
Carey Hauber	Iroquois	Second
Nikka Pascador	Allagash - Buff	Second
Lillie Tuthill	Allagash - Green	Second

Wavus Dictionary: Campisms

announcements (a-NOWN-smants) noun: the declaration of daily information that is preceded by the infamous “ANNOUNCEMENTS!” song (you know how it goes), and is directly followed by the actual announcements
use: “Does anyone have any **announcements**?”

the Beaver (BEE-ver) noun, place: the infamous (and hidden) counselors’ lodge, reportedly said to have a giant candy aisle, movie theater, Olympic-size swimming pool, and llamas; located under Andrew’s Hall
use: counselor: “I was in **the Beaver** this morning, and it is a complete mess!”

Buff and Green (BUFF and GREEN) nouns, classic Wavus: Buff and Green refer back to ye olde days of Wavus Camps; whenever teams were split up for sporting events, they were assigned either the color Buff (a creamy off-white) or the color Green (in this case, the Wavus Green – forest green)
Use: “For tonight’s game of Capture the Flag we will be dividing into two teams: **Buff and Green!**” (then you have to explain to the kids what kind of color “Buff” is...)

the Gash (GASH) noun: abbreviation for the Allagash Cabin, can be used to refer to the cabin. Or its residents, as a whole
use: Upon the Allagash’s arrival from northern Maine, campers shouted, “**The Gash is Back! The Gash is Back!**”

Giles the Gnome (GUY-yuls the NO-mm) proper noun: a specific gnome found here at Wavus; Giles has a knack for hiding
use: “Has anyone seen **Giles the Gnome**?”



E.A. (eee-ay) noun: one of the many abbreviations for things at Wavus, E.A. is short for “evening activity”
use: “Hey, do you know what the **E.A.** is for tonight?”

FIND IT! <clap clap> **FIND IT!** <clap clap> exclamation: when someone has lost or misplaced an item, they are met with this chant
use: “I lost my water bottle!” crowd yells, “**FIND IT! FIND IT!**”

FOUND IT! <clap clap> **FOUND IT!** <clap clap> exclamation: when someone has found an item that does not belong to anyone, and wants to let the group know
use: “I found this water bottle down by the docks.” crowd yells, “**FOUND IT! FOUND IT!**”

G-Swim (JEE-swim) noun: abbreviation for *general swim*
use: “I found a leech at **G-swim!**”

G.O.R.P. (gorp) noun: abbreviation for “good old raisins and peanuts,” commonly used as the name for any trail mix
use: “*I can’t believe we ate that giant bag of G.O.R.P.!*”

GUN SHOW (gun-SHOW) noun: referring to one’s giant arm muscles
use: “*Check out this GUN SHOW!*” <flexes arms and grimaces>

O.R.T.-free (ort-FREE) adjective: abbreviation for *organic trash-free*, generally referring to when one has eaten everything that was on her plate, also can be used as a chant

uses: a.) “*I’m totally O.R.T.-free!*” <shows friend a completely clean plate>
b.) one group shouts, “*Yippee, Skippee, we’re O.R.T.-free!*”, another group shouts back “*Yippee, Skippee, so are we!*”

the Penguin (PEN-gwin) noun, place: the infamous (and top-secret) campers’ lodge, reportedly said to have an even bigger candy aisle than the Beaver, I-MAX theater, a roller coaster, giant ball pit; and actual penguins; located inside one of the port-a-potties on the Point

use: camper: “*Whew! I just came back from the Penguin...I’m a little dizzy from the roller coaster!*”

skip around the room (skip-aROWND-the-ROOM) phrase: when it is one’s birthday, or an otherwise momentous occasion, one is forced to actually skip around the room as a form of celebration, used as a chant

use: “*Skip around the room, skip around the room, we just won’t stop until you skip around the room!*”

Swim USA (SWIM-ew-ess-ay) noun: part of the waterfront program, Swim USA is an activity where the participants swim “across” the whole USA. Each state is worth a certain amount of laps, depending upon its size (for example, Maine = 20 laps, while Texas = 55 laps), with a total of more than 1,000 laps for the whole country

use: “*I finished 5 states at Swim USA today!*”

Wavoose (wav-OOS) noun: one hailing from Wavus Camps; adjective: describing something from or unique to Wavus Camps; slang: for Wavus Camps

uses: a.) “*Here come the Wavoose!*”
b.) “*I was competing in the Wavoose Iron Girl events.*”
c.) “*Welcome to Wavooooose!*” (extra “oooo”s for dramatic effect)

Giles the Gnome – Annual Report

Hello to all our fans – Giles the Gnome here with our annual report. Delphinium and I celebrated our final days of our 5th summer at Wavus, otter paddling, zipping away on the aqua zip, island swims with the local loons, eating ice cream at J Scoop's remaining open days, roasting gnome-mallows at the council fire.

We spent much time remembering all our campers and the fun we had with you. Delphinium has left to return to the West Coast with family and friends there. But plans for returning to Wavus in 2011 are underway.

We especially want to thank those of you who built a number of fairy houses at Wavus and elsewhere for our many fairy relatives. They loved them all ~ even the temporary ones.

The weather here has been so warm that I've been able to live in the trees, enjoying the company of the birds and other Wavus animals. Soon, now, I must return to my winter home located beneath the Moss Elm tree just off the lakeside pathway near the Crib. The underground Gnome and fairy community is quite comfortable, pleasant and extensive. It actually extends out under the lake, thru the Narrows and into the Muscongus Bay area region. It is here we get to visit our Kieve Gnome neighbors and family. It is not often, but when we hike the underground journey to Kieve, we spend time with the Kieve Gnomes swapping camp stories while sipping sweet warm chocolate mint tea while munching on thyme-rosemary tea cookies.

We miss you all and look forward to your return, similar to me welcoming Delphinium's return each year!



It's our hope you will all meet the challenge of finding us in our camouflaged locations next summer. In the meantime, in case you haven't noticed, we managed to hide ourselves throughout this whole book (and the calendar too). Hopefully, your keen eyes and sense of gnome-detection allowed you to glimpse my whereabouts. If not, get back to work!



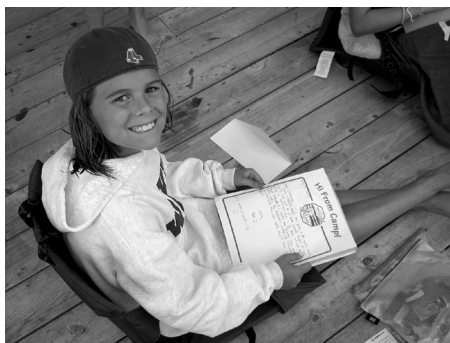
Until then, do as the Gnomes do ~ "Laugh lots and dream big."

Sincerely,
Giles the Gnome and friend Delphinium

Giles

Delphinium



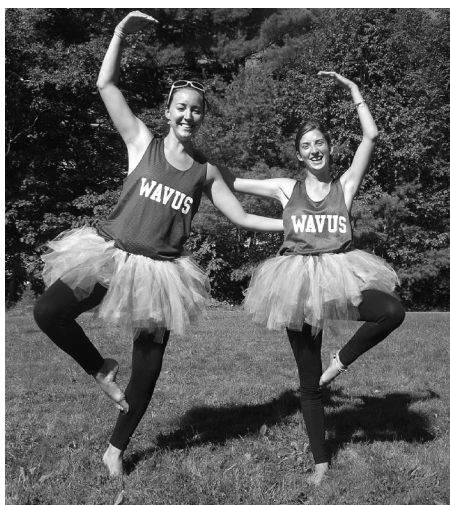


Wavus

By Maggie Fowler
(Algonquin First Session 2009)

Here at Wavus we have fun
And love to play in the sun
We have some great weather
And at council fire you could get
a feather.

The kids love to get mail
But they don't like to fail
We like to keep things neat
And we love the heat.
Wavus is an awesome camp
It is never damp
We love to go on trips
We will never pitch a fit.



KIEVE WEST COUNCIL

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Kieve West

Kieve-Wavus celebrated another successful western experience with new partner Hayes Hitchens and his organization Moondance Adventures. Both Kieve-Wavus and Moondance share a passion for working with kids in an outdoor leadership setting, and providing them with a fun and educational summer experience. The collaboration worked well this past summer by maintaining Kieve's traditions, and incorporating the spirit of Moondance, to create an unforgettable Colorado adventure for the students.

Participants enjoyed the traditional Kieve West trip with a challenging backpacking section, rock climbing in Taylor Canyon and white water rafting the Arkansas River. Positive additions to the program include Moondance traditions such as daily Moon-up

sessions, bulk packaged cheese balls and a well structured curriculum. Students were able to learn advanced back country skills, and take the role of group leader for a day; all while having fun and making some lifelong friendships.

The first Kieve West session was run by Mary-Anna Lynch and Chap Chapman. Both were students with Moondance when they were younger, and then worked Kieve-Wavus' summer camps. Second session leaders were Forrest Mehlhorn and Grace Cline. Forrest has been working with Kieve since 2005, and worked with the High Mountain Institute in 2009 to run the Kieve West trip. Grace Cline is a long time Moondance participant who enjoyed three fun and challenging trips as a student. The cooperative leader groups worked well together



1st Session Kieve West and former Wavus campers (except for the cute guy in the middle) from left: Boone Saunders, Bee Crudington, Ellie Weickert, Zoe Atchinson, Nat Shenton, Grace Muller, Anna Feiss, Carey Hauber and Claire Yost.



Kieve West Session II front row (from left): Andrew Barraj and Forrest Mehlhorn, back row (from left): Walker Barnes, Ren Robinson, Laura Lee, Annie Lindahl, Alaire Davis, Alice Lazare, Matt Hauber, Nic Greer, Tom Ramage and Nick Sanchez.

to bring the spirit of Moondance and the meaning of Kieve into a beautiful and challenging environment, and provided the students with a priceless education.

"The most powerful lesson I learned was to become a good leader you have to put the group first always above yourself" – Ren Robinson

Climbing to an altitude of 14,000 ft is a daunting task for anyone, but seemed to be the highlight of this summer for both groups. Mt. Sneffels outside of Ouray, CO was the challenge, and a difficult one in all regards. Just getting to the trail head tested the nerves of the van drivers as they snaked into the backcountry along a scenic mining road. The hike provided the groups with spectacular views and some interesting wildlife sightings. There is something about being at 14,000ft with a group of wonderfully amazing people that can hardly be described. Overall the mountain was awesome and the reviews and comments from the students say it all.

"I honestly learned I can do anything. I never thought I would be able to climb a 14,000 foot mountain, but we did it" – Zoe Atchinson

"My favorite moment was reaching the top of a mountain and knowing that I've accomplished something incredible" – Claire Yost



Kieve's 9/11 Family Camp

The 3rd week in August proved to be another incredible week at Kieve for individuals and families from a number of FDNY firehouses and Cantor Fitzgerald in New York as well as The Pentagon. Three new families joined us from the NYC area bringing our total to well over 100 friends for the week. Debbie McSweeney, whose husband was a fireman with FDNY Ladder Co 3, said after the week, "It was a truly an awesome week and the kids cried when we left. Kieve has given us so much peace and healing power and these are weeks that my children will never forget."

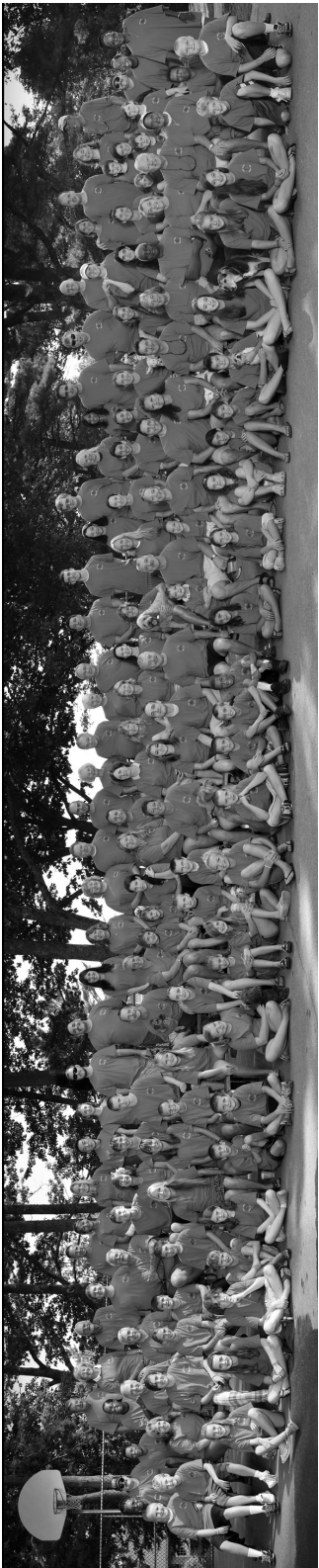
Part of the success of this week is the local community's involvement. Thanks to the many local businesses who provided discounted services and/or donations including: Yellowfront Grocery, Big Al's Super Values, The Pemaquid Fisherman's Co-op, Mook

Sea Farm, Weatherbird, Hannaford, Artsake Framing, Judy & Louis Doe, Round Top Ice Cream, Flowers by Judy Doe, Coastal Maine Botanical Gardens, North Center Foods, Awshucks Oyster Shucker, Gritty McDuff's and Shipyard Brewing.

Kieve would also like to recognize and thank the volunteers who helped make this year's camp a special success: Bill, Ann, Liz & Topher Mallory, Rich & Mimi Roughgarden, Bob & Judy Linker, Ron Gerard, Janice & Doug Burke, Alan Baldwin, Dan Unruh, Henry Chance, Jeff Hinck, Eileen Murray, Susan Weiser-Mason, Helen Aylward, Abi Morrison, "The One" Tom Nadolny and Gary Stone. Williams said, "Once again these individuals and our staff came through with flying colors to make this another very special week for our friends from Washington DC & New York."



One of the evenings the firemen took over the kitchen and prepared a delicious Italian dinner for everyone with the help of Chef Dan Unruh followed by fun and laughter by juggler Brent McCoy from Vermont. Once again there was great live music and dancing by Bruce Marshall. For the 9th year the Pemaquid Fisherman's Co-op provided a wonderful evening with a live band and authentic lobster bake including oysters, smoked clams, onions, mussels & clams, corn and eggs. This year's delicious blueberry cake was made by Jeff Hinck, chef at Schooner Landing. The final evening included a performance by Bagpiper Chris Pinchbeck from Hope that was very emotional for all.



2010 9/11 Family Camp

Alumni & Family Adventure Camp

Fourteen families joined us for an awesome week of great weather and fun! We kicked off with lots of laughter as staff led us through “get to know you” ice breakers followed by cocktails on the deck and a delicious barbecue, family style! Participants enjoyed daily activities such as sailing, canoeing, kayaking, ropes course, archery, riflery, arts/crafts, swimming, pottery, fishing, field sports and more. Warm evenings were enjoyed by the fireside with storytelling, a parent’s night out where the kids went to Kieve to climb their



amazing rock wall and to watch the best juggling show ever.

Malley Weber returned for her fourth year to teach pottery, where families could learn a variety of clay craft, both on and off the wheel and take home kiln dried creations. Throughout the week families enjoyed the Zip line, horse-back riding, a day of touring Muscongus Bay on the Snowgoose III and by kayaking.

Our ropes course was a huge hit. Every day a different element was opened up for a new challenge and adventure. Family Camp’s final night culminated with a fun ride down the slip-n-slide and our world famous slide show that had us all smiling and laughing. At evenings end our shared experiences had brought us closer to one another with new friendships that would be forever memorable.





Session 1 ~ 2010



Session 2 ~ 2010